

Arizona Head, Neck & Facial Surgery / Arizona Sinus Center

Phone (602) 258-9859

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Post-operative Instructions Following Adenoidectomy

General:

Adenoidectomy is performed for chronically infected or enlarged adenoids (tonsil like tissue that grows at the top of the throat and back of the nose). Often times, adenoidectomy is performed to decrease the frequency of recurrent ear infections or middle ear fluid build-up. This procedure is generally performed on an outpatient basis. If you (or your child) have medical conditions such as sleep apnea or bleeding disorders your physician may keep you in the hospital overnight.

Diet:

You may have liquids by mouth once you have awakened from anesthesia. Once liquids are tolerated without significant nausea or vomiting then you can return to a regular diet. No specific dietary restrictions are required after adenoidectomy since the area of surgery is behind the nose and above the palate.

Pain control:

You are likely to experience mild sore throat or ear pain for the first few days following adenoidectomy. Prescription pain relievers (Lortab ® or Tylenol ® with codeine) taken by mouth often provide relief and allow patients to rest or sleep comfortably. These narcotic pain medications can cause constipation. If you experience constipation and you have not been prescribed a medication for constipation then you should take an over-the-counter laxative or stool softener while you are on the prescribed pain medication. (Contact your physician for recommendations if the patient is a child) You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin®, Motrin®, Naprosyn®, Advil®) because these drugs are mild blood thinners and will increase your chances of having post-operative bleeding.

Activity:

No heavy lifting, straining or contact sports for 1 week following the surgery. Walking and other light activities are encouraged after the first 24 hours.

Continued on opposite side

Oral and nasal care following the surgery:

Small amounts of dark yellow or brown post-nasal drainage and halitosis (bad breath) are normal in the first two weeks following surgery. This is due to the healing process in the back of the nose. Over-the-counter nasal saline spray is recommended 2-3 times daily for the first 2 weeks to minimize the post nasal drainage and halitosis. Staying well hydrated by frequently sipping water can help as well. A humidifier next to your bed at night will help moisturize and soothe the healing tissues. Hot steam showers as needed can provide some symptomatic relief.

Follow-up appointment:

Your follow up appointment in the office will be 2-3 weeks following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please have a family member or friend contact our office when you arrive home from the surgery center.

Please call our office immediately if you experience:

- *Bleeding from the mouth or nose**
- *Difficulty breathing**
- *Two or more episodes of vomiting (or any vomiting of blood)**
- *Fever greater than 101 degrees Fahrenheit**

Office: (602) 258-9859 Office Hours Mon-Fri 8:30 AM-4:30 PM

Dr. Rehl or another Ear, Nose and Throat physician is available after hours for urgent issues and can be reached at the office telephone number above.

Dr. Rehl's email for non-urgent questions:

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