**POSTOPERATIVE INSTRUCTION SHEET**

**ADENOIDECTOMY**

1. Hydration: Keep well hydrated. Drinking adequate fluids decreases pain. An adequate amount of fluid intake results in clear to light yellow urine every 2 hours. Cool, clear fluids are the best (water, sports drinks). Popsicles are fine. Acidic beverages such as orange juice may be difficult to tolerate.
2. Diet: Advance your child’s diet slowly on the day of surgery. A regular diet should be tolerated the day after surgery
3. Activity: Let your child recover at their own pace. Returning to school of sports will depend on your child’s recovery. Limit any contact sports or heavy lifting or straining for 2 weeks after surgery.
4. Pain: Throat pain may last 3-5 days. Your child may also experience mild ear and neck pain. Give Tylenol continuously every 6 hours. Add Motrin every 6 hours if Tylenol does not seem to be adequately controlling the pain.
5. Fever: A low grade fever (<101.5) may persist for 1-3 days after surgery. Tylenol should help with this.
6. Foul breath: This may persist up to 2 weeks after surgery and is normal.
7. Nasal discharge: This may occur 1-3 days after surgery. Bright red bleeding is NOT normal and you should return to the hospital.
8. Antibiotics : Antibiotics are rarely given after adenoidectomy. If they are prescribed take as written for the entire course of treatment.
9. Speech changes: Your child’s voice may sound different immediately after surgery. This should improve over the next few weeks.
10. Return to the clinic or go the Emergency Room for the following:
    1. Fever > 101.5 (a fever <101.5 may be present for a couple of days after surgery which is not abnormal).
    2. Persistent or profuse red bleeding.
    3. Not drinking enough fluids.
    4. Persistent or worsening neck pain where your child very uncomfortable moving her neck.
11. Call the clinic if you have any questions
    1. For questions about surgery 301 319 8629
    2. For appointment 301 295 4664 (option 0)
    3. After hours: 301-295-4611 and ask them to page the ENT on-call (be sure to leave your full name, social security number, type of surgery, and date of surgery)