



Adenoidectomy Instructions

Before Surgery

- Take nothing by mouth after midnight the evening before surgery except medications as instructed by the anesthesiologist at your preoperative evaluation.
- Notify your doctor if cough, fever (over 102°) or other cold or virus symptoms appear before surgery.
- Aspirin, aspirin-containing products, ibuprofen or other non-steroidal anti-inflammatory medications should not be taken for two (2) weeks before surgery.
- Plan to remain in town for two (2) weeks after surgery.

After Surgery

- Increase your fluid intake. Liquids are very important because they prevent dehydration.
- Limit physical activity for ten (10) days .
- Take all antibiotics as directed. It is important to complete the full course.
- Take liquid Tylenol or other prescribed medication for pain every four to six hours as needed. Sometimes, it helps to take pain medication every four hours around the clock for the first 48 hours after surgery, especially for children.

- Children can be given Tylenol suppositories.
- Throat and ear discomfort are normal after adenoidectomy. They can be severe and last as long as two (2) weeks.
- Fever is common after adenoidectomy and should be treated with Tylenol.
- Return for a follow-up office visit two to three weeks after surgery.

When to Call the Doctor

- Call the doctor immediately for any bleeding.
- Call the doctor immediately for any difficulty breathing (except nasal congestion).
- Call the doctor for fever over 102° if the fever does not respond to Tylenol.