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## **INSTRUCTIONS AFTER ADENOID SURGERY**

1. When your child wakes up he or she may not feel well. They may be upset initially from anesthesia. This should clear within 24-hours.
2. Your child's voice will often sound different for several weeks and there may be very bad breath noted for a few days after the adenoids are removed.
3. Do Scheduled Tylenol every 4 hrs for the 1<sup>st</sup> 48 hours then as needed. Give the Tylenol according to their age/weight and the bottle directions.
4. **Do not** use Aspirin/Motrin related products.
5. Ear pain can occur with adenoidectomy. This may last three to five days but is generally not due to an ear infection, but a referred pain from surgery.
6. Serious bleeding is exceedingly rare after an adenoidectomy. A small amount of bloody drainage from nose or throat is normal but if there is a large amount of bright red bleeding from the nose or throat call immediately.
7. Severe nasal congestion can occur for a few days after surgery. Use ocean spray in the nose as needed for congestion. You may use over the counter Afrin 1 squirt in each nostril am and pm for 3 days after surgery for severe nasal congestion.
8. Your child may resume a regular diet as soon as he or she likes. Staying well hydrated is the most important thing post-operative. If your child is not hungry, that is okay. Drinking is more important. No caffeinated beverages for 2 weeks after surgery.