



## Post-operative Instructions Adenoidectomy

- 1. Pain** – Pain is variable but usually not significant with adenoidectomy. Physical activity should be moderated for 10 days as exertion may increase pain due to dryness of the throat and increase the risk of post-operative bleeding. Tylenol® should be taken as needed for discomfort. An increase in fluid intake will decrease the chance of dehydration and will promote healing.
- 2. Bleeding** – Bleeding is uncommon yet is a possible risk of adenoidectomy. **Therefore, the patient must have only cool, soft foods for the first 4 hours after surgery.** Expect some bloody mucous from the nose and the back of the throat, especially during the first 24 hours. If bleeding does occur, it will present from the nostrils or the mouth. In children, cooling the body is recommended. An **ice water gargle** is recommended for teenagers and adults to slow the bleeding. In any case, **call Dr. Jungkeit immediately** at the number below for further instructions. **DO NOT take Aspirin, Aspirin containing products, Ibuprofen, Naprosyn®, Vitamin E, Gingko or any blood-thinning medication for 2 weeks** after surgery.
- 3. Expectations of recovery** – Expect some discomfort in the back of the throat and halitosis (foul smelling breath) for at 10 days to 2 weeks after surgery. If severe pain or fever occurs, please contact Dr. Jungkeit at the number below.

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