

Adenoidectomy

Dr. Marcincuk's instructions for postoperative home care:

After surgery:

- You may feel like there is something in your nose or throat. This is usually caused by drainage and swelling. Drinking fluids will help this feeling go away.
- You may run a low grade fever for several days.
- You may have a bad mouth odor. Drinking fluids may help this, as will time.

If I have pain:

- Mild pain is typical for the first 2-3 days.
- You may take a non-aspirin pain medication, such as acetaminophen (Tylenol).

Do not take:

Do not take any over the counter pain medicines at the same time you take any prescription pain medicine without first talking to your doctor. Many prescription pain medicines contain Acetaminophen (Tylenol). Taking additional over the counter medicines may cause an overdose of Tylenol, liver injury, or a bad reaction.

Do not take ibuprofen (Advil, Motrin) or aspirin products after surgery without first talking to your doctor. These can lead to an increased risk of bleeding after surgery.

What can I eat?

- Drink plenty of fluids. Avoid carbonated beverages and acidic juices (grapefruit or orange) for 5-6 days after surgery.
- Soft foods and cold foods are the best (ice cream, mashed potatoes, yogurt, apple sauce, soup, pudding, popsicles, oatmeal, bananas, canned peaches, etc.) and should be eaten for the first 5-6 days.

School and activities:

- Plan to stay home from work or school for 2-3 days after surgery. Return to normal activities when you feel ready.
- No sports, gym class, or rough activities for 1 week after surgery.
- Do not stay out in the hot summer sun (even if you are just resting) for 1 week after surgery.

When to call Dr. Marcincuk:

- If you cough, vomit, or spit up more than a teaspoon of fresh, red, bloody drainage. Call immediately day or night.
- Fever of 103 or higher within the first week of surgery.
- Uncontrolled pain or nausea, the inability to drink fluids, or for a drop off in the amount of urine made.