

Pediatric Adenoid Discharge Instructions

What To Expect:

- Mild throat discomfort for the first few days.
- Minimal drainage (may be blood tinged) from nose or in throat for a few days.
- Bad breath for 10 days. This is normal and ends only with time.
- Increased phlegm for 10 days. This is part of the healing process.
- Low grade fever of 101° or less — for a few days. Treat with Tylenol® or prescribed medicine — see below. For a fever of more than 101.5°, please contact your physician.

Medication:

- Your physician may prescribe a pain medication that is a narcotic. Otherwise, we find that plain Tylenol®/Acetaminophen (liquid or tablet or chewable) is an effective pain reliever. Follow the directions on the box for patient's weight.
- Some physicians allow use of Ibuprofen following Adenoidectomy without Tonsillectomy — they will tell you this directly. Others prefer not to because of the possible increased risk of bleeding.
- Please notify your physician if the pain is not relieved by medication.

Diet:

- In general, for Adenoidectomy alone (without Tonsillectomy) a general diet may be followed.
- It is important to encourage fluid intake after any surgery. The amount will vary by patient size/weight, but in general, the patient should drink enough liquids so that urination occurs at least two to three times a day.

Activity:

Resume normal activity as tolerated.

Post Op Appointment:

Follow up is directed by your physician, usually within 2 to 3 weeks.