

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 will resolve only with time.
- Increased phlegm for 10 days – part of the healing process.
- Low grade fever <101 – for few days – treat with Tylenol or prescribed med – see below. For a fever >101.5 – please contact your physician.

Meds:

- Your physician may prescribe you 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 you to take 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 as the adenoid bed is not affected by food.
- It is always important to encourage fluid intake after any surgery. The amount will vary by patient size/weight, but in general drink enough liquids so as you are urinating at least 2-3 times a day.

Activity:

Resume normal activity as tolerated.

Post Op Appointment:

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