



TALLAHASSEE EAR, NOSE & THROAT - HEAD & NECK SURGERY, P.A.



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PATIENT DISCHARGE INSTRUCTIONS: ADENOIDECTOMY

POST-ANESTHETIC CONSIDERATIONS: Anesthesia for your child was only 20-30 minutes long. They may feel and act sleepy or disoriented for up to four hours. This is generally completely worn off by the afternoon. Certain anesthetics and pain medications may produce nausea and vomiting which usually resolves by the evening of the surgery.

ACTIVITY: You can allow your child to do as much as they feel like doing. Most children are unaffected by the surgical procedure after four hours. We would advise that vigorous exercise or swimming not be allowed for the first 48 hours.

DIET: Your child will probably be back to their usual diet by the time they leave the outpatient facility.

MEDICATIONS: Your child should have a prescription for antibiotics to take for 10 days. If not, please ask your surgeon about them. Use only Tylenol or other pain medication prescribed by your surgeon. Do not take aspirin or aspirin-type products (Motrin, Nuprin, Advil, etc.), or any other pain medication other than that prescribed by your surgeon. This is very important as some of these medications can cause bleeding.

SYMPTOMS TO EXPECT: There may be a slight bit of blood from the nose for the first 1/2 day. It should resolve after that. It sometimes recurs when the scab comes off the adenoid bed at 7-10 days postoperatively, but it generally will stop within several hours. Older children may complain of a slight, dull headache. Tylenol should take care of this. Foul drainage or odor from the nose may occur, but should resolve over a period of 48 hours.

WHEN TO CALL YOUR PHYSICIAN:

- A temperature over 101.5 degrees does not respond to Tylenol; or persists at this level for more than two nights
- If bleeding from the adenoid bed at 7-10 days postoperatively does not stop spontaneously within several hours
- Foul order or drainage from the nose that does not resolve within 48 hours - this may warrant a change in the antibiotics.
- Pain or nausea uncontrolled by the prescribed medication

SPECIAL INSTRUCTIONS: A postoperative appointment has already been scheduled. Please refer to your Surgery Information Sheet or call the office to confirm the appointment date and time. We strongly suggest that a responsible adult be with the surgical patient the rest of the day and also during the night for the surgical patient's protection and safety. Children should rest at home, but may be up and about according to doctor's instructions. Please contact your physician immediately if any problems occur or if you have any further questions. If you find that you cannot contact him but feel that your signs and symptoms warrant a physician's attention, go to the nearest emergency room.

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