



PATIENT DISCHARGE INSTRUCTIONS: ADENOIDECTOMY

POST-ANESTHETIC CONSIDERATIONS: The patient may feel and act sleepy or disoriented for up to four hours after general anesthesia. 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: The patient is allowed to do as much as they feel like doing after the procedure with no restrictions on activity.

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

MEDICATIONS: Over-the-counter medications (ibuprofen, Motrin, Advil, Tylenol, etc.) may be taken as needed for pain.

SYMPTOMS TO EXPECT: There may be a slight bit of blood from the nose. 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 and/or neck pain. Over-the-counter pain medication or the prescribed medication should take care of this. **Foul drainage or odor from the nose will occur postoperatively for up to a week.**

WHEN TO CALL YOUR PHYSICIAN:

- A temperature over 101.5 degrees does not respond to over-the-counter medications; or persists at this level for more than two nights
- If there is more than ½ cup of bleeding from the adenoid bed postoperatively does not stop spontaneously; If the bleeding is severe, go immediately to the emergency room and contact the physician from there
- Pain or nausea uncontrolled by the prescribed medication

SPECIAL INSTRUCTIONS: You will not need to come in for a postoperative appointment. A member of our clinical staff will call you 3 weeks postoperatively to see how you are progressing. 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. Please contact your physician if you have an emergent situation. If you find that you cannot contact them, but feel that your signs and symptoms warrant a physician's attention, go to the nearest emergency room. For non-emergent questions (i.e. appointments or general questions), please call during normal office hours.