

ADENOIDECTOMY INSTRUCTIONS

1. Expect a sore throat for 1-2 days.
2. Expect lots of drainage from the nose. If tubes are also placed, then expect drainage from the nose.
3. Your child will have bad breath and a low-grade temperature (up to 101 F). If the temperature rises above 102 F a chest X-ray should be performed to evaluate for pneumonia.
4. Nausea and vomiting are uncommon after an adenoidectomy and usually resolves by the next morning. If it continues contact Dr Rosner.
5. Expect some bloody drainage from the nose and throat, which tapers off by the next morning.
6. If your child develops active bright red bleeding more than a tablespoon, then return to the emergency at Beaumont Hospital Troy. Do not waste time trying to contact your physician. The physicians in the emergency room know how to contact me.
7. After an adenoidectomy, your child should avoid hard foods for 10 days, such as corn chips and pizza crusts.
8. No strenuous activity for 1 week.
9. When an adenoidectomy is performed, some of the adenoids are left behind to avoid damage to the Eustachian tubes. Therefore, it is occasionally possible for adenoids to grow back.
10. Patients may blow their nose gently, one side at a time.
11. Patients may return to school the next day following surgery if they feel well enough.
12. Return visits should be scheduled for 3 weeks. Call for an appointment. Contact the doctor for questions.