



POST OP INSTRUCTIONS ADENOIDECTOMY

1. Recovery from adenoidectomy is generally much easier than tonsillectomy, although activity should be limited for a few days.
2. Tylenol is usually adequate although you may have received a prescription for pain medication.
3. A soft diet and plenty of liquids will help speed recovery.
4. Ear pain is normal after an adenoidectomy; this is from healing at the surgical site and usually is not a sign of an ear infection
5. A nasal quality to the voice is also common during the first few weeks.
6. A small amount of bleeding from the nose or the mouth often occurs during the first day. Call the office or go to the nearest Emergency Room for excessive or persistent bleeding.
7. Please call during normal office hours for any routine questions or medication refills. Call anytime for urgent problems.