

CHESTER COUNTY OTOLARYNGOLOGY AND ALLERGY ASSOCIATES

A DIVISION OF PINNACLE EAR, NOSE AND THROAT ASSOCIATES

Adult and Pediatric Ear, Nose and Throat and Allergy Evaluation and Treatment

Andrew V. Chuma, MD
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Head and Neck Cancer Surgery
Thyroid & Parathyroid Surgery
Sinus Surgery
Allergy Evaluation and Treatment
Audiology and Hearing Aids

POSTOPERATIVE INSTRUCTIONS AFTER ADENOIDECTOMY

- 1) Please call the office if you do not have postoperative appointment.
- 2) An adenoidectomy generally causes only moderate postoperative discomfort. Tylenol Elixir is usually adequate for pain control. **DO NOT USE ASPIRIN OR IBUPROFEN (Motrin)** until your doctor says its safe, since these medications can cause bleeding.
- 3) Anesthesia often causes nausea. Your doctor may prescribe an anti-nausea medication in a suppository form. This medicine can have a calming effect and can supplement Tylenol for pain control.
- 4) **DIET.** Fluids are very important. If you are not urinating at least 4 times in a 24-hour period, you should increase fluid intake. Initially (first 24-hours) stick to fluids and soft foods. After the first day, you may resume a regular diet.
- 5) After surgery, there may be some reflux of food and fluid into the nose. This usually stops within a short period of time. Please call if this problem persists.
- 6) **BLEEDING** rarely occurs after an adenoidectomy however some blood-tinged mucus may be noted for a few days. If active bleeding occurs, let us know immediately.
- 7) Ear pain and fever are common after surgery. Use Tylenol as needed.
- 8) If you have **ANY** problems, questions or concerns before or after your surgery, please call the office anytime.