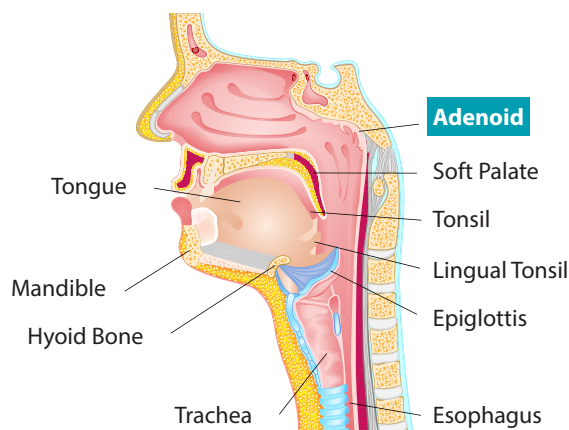


Adenoidectomy Pre-Operative and Post-Operative Instructions

What are Adenoids?

The adenoid is a single mass of tissue, similar to the tonsils, which is located behind the nose, hidden from view by the soft palate. An adenoidectomy may be needed if the tissue is enlarged and obstructs nasal breathing and/or obstructs the eustachian tubes, resulting in recurring ear infections. You will not be more prone to illnesses without the adenoids. In fact, you may develop fewer infections.



Before Surgery

- Do NOT take Aspirin or Aspirin-related products (ie. Ibuprofen, Advil, Aleve, Motrin, Excedrin) for two weeks before surgery.
- Notify your doctor if there is any family history of bleeding tendencies or a tendency to bruise easily.

Day of Surgery

- Check in at the front desk 90 minutes prior to surgery.
- The surgery is usually an outpatient procedure, and you will be able to go home after recovering for 30 minutes to an hour.

After Surgery

Medications

- Do NOT take Aspirin or Aspirin-related products (ie. Ibuprofen, Advil, Aleve, Motrin, Excedrin) until cleared by your doctor. Tylenol should be sufficient.

Activities

- Any normal activities are allowed.

Diet

- Staying well hydrated is the most important thing. Getting dehydrated may cause increased pain, a low-grade fever, reduced urination and constipation.
- Recommended liquid volume:
 - » Children <50 lbs.: 1 quart/day; Children 50-100 lbs.: 1.5 quarts/day; Adults: at least 2 quarts/day.
- Plain water is NOT enough.

- Suggested liquids and soft foods for the first day after the procedure (then you may return to a normal diet):
 - » Juice, Gatorade, Powerade, Pedialyte, lukewarm tea, flat soda, broth, smoothies.
 - » Jello, popsicles, sherbet, frozen yogurt, pudding.
 - » Eggs, mashed potatoes, bananas, apple sauce, soft cooked vegetables, noodles, lukewarm soups, oatmeal.

Post-Operative Symptoms

- The throat will feel raw and sore for several days following surgery.
- Some patients experience nausea and vomiting after anesthesia. This typically resolves after 24-36 hours after surgery. Please call if this does not resolve.
- A low-grade temperature (<101.5 °F) may occur after surgery. Frequently this is due to dehydration.
- Bad breath is common after surgery and should resolve within 8-10 days following surgery. Do NOT try using mouthwash as it will hurt.
- The uvula may become very swollen after surgery. This is temporary and will resolve in 5-7 days.
- The voice may sound different after surgery.
- Occasionally fluid may regurgitate into the nose for up to two weeks after surgery. If this occurs, drink slowly and avoid carbonated drinks.
- Pain medications, dehydration and reduced diet can result in constipation. Increasing fluid intake, prune juice and milk of magnesia can be helpful.
- It is okay to gently brush teeth.
- Avoid coughing, throat clearing and nose blowing after surgery.

Bleeding

- Bleeding can occur from the nose for one to two days after the procedure.
 - » Afrin nasal spray can be applied to the nose to stop the bleeding.
 - » Active or persistent bleeding requires that you immediately go to the nearest Emergency Room (use Good Samaritan Hospital Emergency Room if it is close). Call 911 if there is significant active bleeding.

Please call (408) 227-6300 or ask your surgeon directly if you have any additional questions or concerns about your surgery or the recovery.