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## POST-OPERATIVE CARE INFORMATION FOR SURGICAL PROCEDURES

To the Patient/Guardian, \_\_\_\_\_ Surgery Date: \_\_\_\_\_ Center Name: \_\_\_\_\_

### POST OP CARE INSTRUCTIONS FOLLOWING ADENOIDECTOMY AND INSERTION OF PE TUBES:

- 1) In the immediate post-operative recovery period, a liquid diet should be maintained. There may be some nausea due to the general anesthetic, but this generally does not last for more than 6 to 10 hours. When liquids are tolerated satisfactorily, the diet may be advanced to a regular diet with no restriction on types of foods. There should be no discomfort on swallowing due to an adenoidectomy.
- 2) A low-grade fever is common during the first several days post-operatively. It is often associated with inadequate fluid intake and should be treated by increasing fluids and using Tylenol. Should the temperature rise above 102 degrees, you should contact our office.
- 3) Although bleeding following the adenoidectomy is rare, if it occurs, it is most likely to occur in the first 24 hours following surgery. If the bleeding is persistent, or vigorous, our office should be contacted.
- 4) The pressure equalizing (PE) tubes usually do not cause any pain or discomfort.
- 5) We feel our patients should be aware of the following potential complications and risks:
  - Failure of hole in eardrum to close after tube comes out. This occurs in about 1% of patients and can be corrected should it be persistent.
  - Tubes remain in place for a variable period of time. If the tube comes out too soon, it may need to be re-inserted.
  - A tube may rarely become blocked by wax, blood, or ear drainage, which may require replacement of the blocked tube.
  - If the tube does not come out on its own within a reasonable length of time (2 years), it may be necessary to remove the tube.
  - Recurring ear infections in spite of tubes.
  - Additional sets of tubes may be required if the patient does not outgrow the problem.