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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:

- 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 food. There should be no discomfort on swallowing due to an adenoidectomy.
- 2) Do not take medications containing aspirin, aspirin products, anti-inflammatory drugs (such as Motrin, Aleve, and Advil) or Gingko Biloba for 2 weeks prior to or after surgery, as these may cause bleeding. Only Tylenol (acetaminophen) products are safe.
- 3) 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.
- 4) 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.
- 5) Your first post-op follow-up exam is usually at approximately 2 weeks after surgery.