



POSTOPERATIVE ADENOIDECTOMY INSTRUCTIONS

ACTIVITY: Patient may resume activity when they feel all right which is usually within a few days after surgery.

DIET: There are no restrictions in diet.

PAIN: Earaches and neck pain are quite common and it resolves as healing takes place. Sometimes pain medications are needed.

TEMPERATURE: Slight temperature elevation is expected and general measures may be needed.

BREATH: Unpleasant breath is common. It usually lasts several days and disappears as healing takes place.

BLEEDING: **If any amount of bleeding occurs, the doctor should be informed immediately and the patient should proceed to the hospital emergency room.**