



## **ADENOIDECTOMY POST-OPERATIVE INSTRUCTIONS**

### **POST-OPERATIVE CARE**

After your surgery you may experience bad breath (which is due to the scabs that will form), significant nasal congestion (due to soft tissue swelling), and a mild burning sensation in the back of the nose after your surgery. These symptoms will resolve as the area heals with time.

### **MEDICATION**

Hydrocodone (Norco) will be prescribed to you for your pain. Take your pain medication as directed, every 4 hours. DO NOT use multiple pain medications at the same time. Take pain medication with food and DO NOT drink alcohol or drive while using pain medication. You may restart all other routine medications other than blood thinners such as Aspirin/NSAIDS's (Aleve, Advil, Motrin, Ibuprofen) immediately after surgery.

### **ACTIVITY**

Avoid straining, heavy lifting, strenuous activity, bending over, blowing your nose or sneezing for 2 weeks. These activities will increase the likelihood of bleeding. Get plenty of rest.

### **DIET**

Patients who have received general anesthesia may experience some nausea and/or occasional vomiting. Therefore, we recommend you eat and drink in small quantities for the first 24 hours. Start with liquids and advance to a regular diet as tolerated. It is important to get adequate intake of fluids.

### **GENERAL ANESTHESIA**

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after surgery.

### **WORK**

Most patients plan to take 2 weeks off of work to recover. Every patient is different and some return to work sooner if they are able to stop their pain medication. This will depend on the extent of your surgery, your recovery experience and the nature of your work.

### **TRAVEL**

No airplane travel for 2 weeks following your procedure due to risk of bleeding.

### **CALL OUR OFFICE (760) 479-2100**

If you experience more than 1 tablespoon of bright red blood from the mouth, poor fluid intake (less than 16 oz for adults or less than 8 oz for children under 12) in 24 hours accompanied by minimal to no urination, a persistent temperature above 101.5 degrees or severe chills, persistent nausea or vomiting and difficulty breathing.

### **FOLLOW UP APPOINTMENTS**

You will have one post-operative visit approximately 7-14 days after your surgery. At this visit we will discuss your pathology results. This appointment should already be scheduled for you by our surgery scheduler.