



PATIENT DISCHARGE INSTRUCTIONS: ADENOIDECTOMY

POST-ANESTHETIC CONSIDERATIONS: The patient may feel and act sleepy or disoriented for up to four hours after general anesthesia. This is generally completely worn off by the afternoon. Certain anesthetics and pain medications may produce nausea and vomiting which usually resolves by the evening of the surgery.

ACTIVITY: The patient is allowed to do as much as they feel like doing after the procedure with no restrictions on activity.

DIET: The patient will probably be back to their usual diet by the time they leave the outpatient facility.

MEDICATIONS: You may be given an antibiotic depending on your surgeon. If not, please ask your surgeon about them. Over the counter medications (Motrin, Nuprin, Advil, Tylenol, etc.) may be taken as needed for pain.

SYMPTOMS TO EXPECT: There may be a slight bit of blood from the nose. It sometimes recurs when the scab comes off the adenoid bed at 7-10 days postoperatively, but it generally will stop within several hours. Older children may complain of a slight, dull headache and/or neck pain. Over the counter pain medication or the prescribed medication should take care of this. **Foul drainage or odor from the nose will occur postoperatively for up to a week.**

WHEN TO CALL YOUR PHYSICIAN:

- A temperature over 101.5 degrees does not respond to over the counter medications; or persists at this level for more than two nights
- If there is more than ½ cup of bleeding from the adenoid bed at postoperatively does not stop spontaneously ; If the bleeding is severe, go immediately to the emergency room and contact the physician from there
- Pain or nausea uncontrolled by the prescribed medication

SPECIAL INSTRUCTIONS: A postoperative appointment has already been scheduled. Please refer to your Surgery Information Sheet or call the office to confirm the appointment date and time. We strongly suggest that a responsible adult be with the surgical patient the rest of the day and also during the night for the surgical patient's protection and safety. Please contact your physician if you have an emergent situation. If you find that you cannot contact them, but feel that your signs and symptoms warrant a physician's attention, go to the nearest emergency room. For non-emergent questions (i.e. appointments or general questions), please call during normal office hours.