

## POST-OP INSTRUCTIONS

# Adenoidectomy

### Diet

After surgery, it is not uncommon to have some nausea and occasionally vomiting due to anesthesia. Start out with liquids and gradually increase to a regular diet as tolerated.

### Medications

Generally, prescription pain medications are not needed after adenoidectomy. Use over the counter Tylenol® or Advil® if needed. If a pain medication is prescribed, be aware that medications often cause drowsiness, constipation and sometimes nausea and vomiting, especially if taken on an empty stomach. If you experience continued vomiting, call the office and a medicine may be called in to your pharmacy to relieve nausea and vomiting.

### General Instructions

- Avoid heavy lifting, straining, or vigorous exercise for 1 week.
- Children should avoid rough play for 1 week.
- Adults should not drive or operate any machinery for 24 hours while taking narcotics.
- Bad breath as well as nasal congestion and slight cough are common after surgery and improve with more fluid intake and time.
- Earache is expected after adenoidectomy and is not due to an ear infection, but to referred pain from the throat.
- Occasionally, children after adenoidectomy may have a temporary stiff neck and pink discharge from their nose. These will resolve with time.
- Avoid taking aspirin or other blood thinners, which increase the possibility of bleeding. Talk to your doctor about when you should resume these medications. In general, most medications can be resumed after surgery.
- Remember that most prescription pain medications may cause drowsiness, so patients on pain medications should not operate heavy machinery, drive, or make important decisions.

### Fever

A low grade fever is not uncommon after surgery. Take Tylenol® as needed and encourage fluid intake. If the temperature remains above 102°F (39° C) and does not respond to Tylenol®, call our office or go to the nearest emergency room. If the patient is unable to drink fluids despite pain medications and you notice a decrease in urination or lethargy, these may be signs that dehydration is occurring and IV fluids are required. In this case, call our office or go to the emergency room.

All emergency situations should be referred to:

#### **St. David's North Austin Medical Center**

12221 N. MoPac Expressway  
Austin, TX 78758  
(512) 901-1000

Or

#### **Westlake Medical Center**

5656 Bee Caves Rd  
Westlake, TX 78746  
(512) 327-0000

### For Children

Breathing complications with children after general anesthesia rarely occur. The symptoms are croupy sounds when breathing in, noisy gasping sounds or abdominal tension with breathing. If this occurs, CALL 911.

### Follow-up

A follow-up appointment should be scheduled after surgery. If you do not have an appointment, please call our office.