



# Adenoidectomy

## Post-Op Instructions



**PAIN:** You can expect some ear and neck pain for up to a week after surgery. Occasionally kids will feel that their neck is a little stiff, but they should still be able to move it freely.



**PAIN CONTROL:** Alternate Tylenol and Ibuprofen as often as every three hours, as needed, for pain control. Dosing should be based on weight. You may want to take pain medication regularly to stay ahead of the pain for the first few days.



**FEVER:** You may experience increased temperatures. This is usually a sign of dehydration. Rehydrate as much as possible. If you are lethargic and not urinating adequately, this may require IV fluids.



**DIET:** There are no restrictions on eating after an adenoidectomy. Sometimes you may not feel like eating, however, **you MUST stay hydrated!** Drink plenty of water or Gatorade/Powerade.



**ACTIVITY:** There are no restrictions on activity after an adenoidectomy. Children often return to school or daycare the day after their procedure. Occasionally, kids will have a nosebleed after an adenoidectomy. This is typically very brief and does not need medical attention unless recurrent, or you have a difficult time getting the bleeding to stop.



**FOLLOW-UP:** Our nurses will call to check up on you in several weeks. There is no need to be seen unless you have complications or concerns.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at 518-701-2000, if you have any questions or concerns. We are happy to assist you.