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Sinus Disorders
Pediatric ENT Care
Ear Injuries & Disorders
Thyroid Problems
Hearing Loss
Facial Plastic Surgery
Voice Disorders
Acid Reflux

Adenoidectomy

Diet

We encourage patients to drink fluids and start with soft foods. Good hydration will help healing. Patients may advance to more solid foods as tolerated, usually later the same day. Dairy products and drinking from a straw are permitted.

Activity

Light to moderate activity is recommended. Heavy lifting, straining, and contact physical activity should be avoided for 1-2 days following surgery.

Pain

Patients may use ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) for pain relief. Most patients have very little pain.

Nausea/Vomiting

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

Healing

The scab is at the back of the nose and is not visible in the throat. It is typical to note bad breath secondary to healing process for up to a week after surgery. This odor does not indicate an infection usually.

Expect blood tinged nasal secretions for 24 to 48 hours after surgery. If there is excessive bleeding, important to use Afrin nasal sprays: 5 sprays each nostril three times daily for up to 3 to 4 days.

Use nasal saline sprays, 2-3 sprays each nostril 2-3 times per day.

Fever

A low-grade fever is common after surgery. Please contact our office if the temperature is 102°F or higher and does not respond to ibuprofen or acetaminophen.

Voice

The voice may sound high-pitched or different initially during the healing phase. With time and healing, voice quality should gradually return to normal.

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