

## ADENOIDECTOMY INSTRUCTIONS

An adenoidectomy is a fairly routine and uncomplicated operation. Dangerous complications are uncommon and the procedure is routinely performed as an outpatient without major problems. Here are some answers to the most commonly asked questions regarding the surgery.

### BEFORE SURGERY

**DO** – stop all use of aspirin, ibuprofen, or other nonsteroidal anti-inflammatory drugs.

**DON'T** – eat or drink after midnight the night before surgery (please refer to the enclosed food guidelines for your surgery facility).

**DO** – Feel welcome to come into the operating room until your child falls asleep (One parent only please).

### AFTER SURGERY

**DO** – expect mild throat discomfort but more severe pain (like after a tonsillectomy) is not expected.

**DO** – fill any prescriptions that you **may** be given. For mild pain, **plain Tylenol** is sufficient.

**DO** – expect some nasal congestion, increased mucous and bad breath that will slowly resolve within 1-2 weeks.

RARELY, there could be bleeding down the back of the throat or a nosebleed. Do not be concerned but call if this occurs and continues.

After surgery it is best to eat lightly but otherwise there are no dietary restrictions.

Please call with any questions or concerns at 410-525-3818.