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### **Post-Operative Instructions for Adenoidectomy**

**Do not take any aspirin or blood thinning products for 10 days to 2 weeks prior and 2 weeks following surgery. Please review medication sheet given to you when surgery was scheduled. This includes a list of all meds and herbals that you need to avoid. Examples of these meds are: Advil, Motrin, Ibuprofen, Aspergum, Asperrub, Alka Seltzer. Please talk to your pharmacist with any specific medication questions.**

- Diet and activity should be determined by how the patient feels. Most children should be able to continue normal activities within a few hours.
- The surgery is usually NOT painful. However, if any discomfort occurs, you may give a dose of your regular pain medication.

- **Bad breath is common.**

Initially, due to the anesthesia and surgery, then due to the shedding of scabs. Brushing teeth is okay. DO NOT GARGLE. Drinking plenty of fluids will also help with this.

- Slight nasal bleeding and stiff neck can occur after an adenoidectomy. A nasal voice is also commonly noticed. You may use salt water (saline solution nasal rinse or ocean spray) through your nose for nasal crusting. These products are available over the counter.
- You may notice a slight fever following surgery. Please notify your doctor if the fever is greater than 101.5 F.
- Be sure to keep your scheduled post operative follow up appointment.