

INSTRUCTIONS FOLLOWING ADENOIDECTOMY

DIET:

Clear Liquids on the day of the surgery . Ice pops, soda, tea, broth, jello, kool-aid, Hi C, Gatorade, cranberry and combination juices. Be sure to **exclude** grapefruit, orange, pineapple, peach and apricot.

A Soft Diet for lunch the day after surgery may be given which includes mashed potatoes, cooked cereal, soft cooked or scrambled eggs, ground hamburger or skinless chicken, canned fruit, canned vegetables, pudding, macaroni with sauce/cheese, soup with crackers/croutons – that is soft or mushy foods.

Advance to Full Diet over a five to seven day period. It is recommended for about 1 ½ to 2 weeks that any hot spicy foods and liquids or hot beverages be avoided.

ACTIVITY LEVEL:

No exertion of any kind for 5-7 days, quiet activities only. There should be no bending, lifting, pushing, running or any organized sporting activities. Naps during the day should be limited to 2 for about 1 ½ hours each, to avoid being up all night.

BLEEDING:

Notify our office immediately. If this occurs at anytime of the day or night. If bleeding is of a more severe nature, a trip to the Emergency Room would be in order but call first. **714-3434**

EXPECTED CONDITIONS:

Mild Fever: a temperature up to **101** degrees on the first or second post op days is normal.

Dry Lips: apply Vaseline or **Lip Balm** to the lips 3 times daily for a few days after surgery.
Lips chap during the procedure and from poor hydration afterwards.

Pain: In **Children** we use **Tylenol with Codeine elixir** and **plain liquid Pediatric Tylenol**

In **Adults** we use the same but with the addition of **Tylenol with Codeine tablets.**

Antibiotics: are prescribed **for both children and adults** and are intended to improve the rate of healing and reduce the need for pain medications.

FOLLOW UP:

We like to have the patient rechecked in about 1 to 2 weeks

Please call the office for a follow up appointment @ 714-3434

