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*Excellence in Specialty Care for the Head and Neck ~ A Division of Select Physicians Alliance, PL*

## *Adenoidectomy*

*You have been scheduled for surgery to remove the adenoid tissue from the upper throat at the very back of the nasal cavity. This is commonly done for ear problems, nasal obstruction, or chronic infection. The following instructions should answer most of your questions about what to expect after surgery.*

### ***After Surgery:***

- Plan to limit your activity for 7 days after surgery. This means no heavy lifting or straining, and no strenuous exercise. Children should stay out of school for 3 - 5 days, and should not participate in sports or other physical education for 7 days.*
- Discomfort after surgery is usually not severe, and it is usually the worst by the third or fourth day. You will have a **prescription for pain medication**, and you should use it as needed for the first few days as directed.*
- A small amount of bleeding may occur in the first week. However, if bleeding is bright red, excessive, or prolonged, please call the office for further instructions.*
- Be sure to drink plenty of liquids. Cool, clear liquids (water, Gatorade, clear juices) are best. Avoid hot liquids for 7 days.*
- You should avoid foods that are hot or acidic for 5 - 7 days. Generally, you should start with soft foods and advance your diet as tolerated.*
- When lying in bed, keep your head and shoulders elevated above your hips. This will help reduce swelling and discomfort.*