



INSTRUCTION SHEET ADENOIDECTOMY

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Adenoidectomy Instructions

- **Advance diet to normal as soon as comfortable.**
- **Encourage lots of fluid intake in the first several days after surgery.**
- **Use Tylenol or acetaminophen for discomfort as needed.**
- **There may be nausea or vomiting the first evening as a reaction to anesthesia and small amounts of blood in the stomach. The fluid may appear bloody but does not represent danger. Nausea will usually go away by the next afternoon, if it does not, let us know.**
- **Low grade fever of 99-100 may occur and is a reminder to continue lots of fluid intake. Let us know if the fever of 101 lasts longer than 48 hrs. You may treat fever with Tylenol but avoid aspirin, Advil, Motrin, Aleve or other anti-inflammatory medications for 2 weeks.**
- **Return to normal activities as soon as comfortable.**
- **Light bleeding from the nose or bloody spit can happen within the first 14 days after surgery, this rarely continues or causes problems. If heavy bleeding should continue longer than 10 minutes call the office or Nurse Advice Unit (after hours).**
- **Use of nasal saline mist or drops in the nose 2-3 times each day (Ocean, Nasale, Ayr) found over the counter may be used and is usually soothing to the adenoid surgery area.**
- **Dr Cannon' office number (909) 862-1191 x 5470 or 5471**
- **Nurse Advice Unit (909) 862-1191**