



Ear, Nose & Throat Consultants of North Mississippi

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CARE FOLLOWING ADENOIDECTOMY

DIET

In general, no dietary changes are required. Occasionally patients will have mild throat discomfort and muscle spasm which may make softer, less spicy foods more favorable. Chewing both gum and foods tends to provide significant pain relief why loosening throat muscles.

PAIN

During the first one to two weeks following surgery, patients may occasionally experience mild throat and ear pain. This discomfort should be easily controlled with either over-the-counter pain relievers or the pain medicine prescribed following surgery. Ear pain following adenoidectomy is due to referred pain from the adenoidectomy site. Ibuprofen may be used along with, or in place of, narcotic pain medicine and can often provide excellent pain relief.

BLEEDING

Significant bleeding is exceedingly rare following adenoidectomy. On occasion, patients may experience low-grade bleeding either from the nose or throat. More commonly, small amounts of dissolved, old blood will appear seven to ten days after the operation. Such bleeding is more of an annoyance rather than a sign of a serious problem.

FEVER

Low-grade fever (in the 100-101 degree range) is relatively common after adenoid surgery. Use Tylenol (acetaminophen) in the proper dosage specified on the bottle to control fever. If the fever lasts longer than 2-3 days or does not respond to Tylenol, you should notify the office. The most common causes of fever following adenoidectomy are poor fluid intake and simultaneous viral infection.

PHYSICAL ACTIVITY

You should rest quietly in the house the day of your operation. After that time, there are no restrictions on activity.

GENERAL

Your breath may have a musty odor for several days following the surgery. This is a normal part of the healing process and should not cause concern. The first checkup is usually scheduled for three to four weeks following surgery. If you have concerns or questions prior to this time, please call the office.