COASTAL
EAR • NOSE • THROAT
ALLERGY
HEARING CENTER

David S. Oliver, MD, FACS, FAAOA

HOME CARE AFTER ADENOIDECTOMY

ACTIVITIES: Avoid strenuous activity for the first 5-7 days. The child can then return to school or daycare.

DIET: 1. Water, tea, Coke, Sprite, apple juice, Gatorade, milk, Popsicles, Jello, and ice cream initially, advancing promptly to soft foods such as mashed potatoes, scrambled eggs, applesauce, grits, noodles, pasta, soft chicken, and meatloaf. Return to regular food over the next day or two.

2. Avoid foods that are sharp, scratchy, fried, hot, spicy, or acidic, including orange juice, grapefruit juice, tomato juice, lemonade, tomato-based products, fried chicken, French fries, pizza, or chili.

3. Fluids must be strongly encouraged to prevent dehydration.

MEDICATION: 1. Sore throat is relieved by Tylenol or prescribed pain medication as prescribed.

2. Do not take aspirin, Advil, Motrin, or Ibuprofen, since these medications may cause bleeding.

3. Take the antibiotics, as prescribed by your doctor, until they are gone.

FEVER: Low-grade fever often occurs during recovery, relieved by Tylenol and drinking fluids. Call your doctor for a temperature greater than 102 degrees that does not respond to Tylenol medications.

SPEECH: Muffled speech and nasal speech can occur postoperatively. Infrequent nasal regurgitation occurs when drinking fluids and resolves after healing is complete.

SWELLING: Swelling of the tongue, uvula, and/or throat usually occurs and slowly resolves during the recovery period. A foul odor is often present during the healing process. Most patients will complain of headache, sore throat, difficulty swallowing, ear pain, and stiff neck.

BLEEDING: If bleeding occurs from the nose or throat, remain calm; lie flat on the abdomen, turning the face to the right side, apply ice to the nose or neck, and call Dr. Oliver immediately at 912-355-2335 or 912-356-5330.

RECOVERY: A routine postoperative appointment should be made for 14 days after surgery, with examination sooner if any postoperative problems occur.