



## Virginia Ear, Nose, & Throat Associates

### Post Operative Adenoidectomy Instructions

1. Your child may be irritable or fretful during the first few hours after surgery. Generally, behavior returns to normal after a nap.
2. Liquids are allowed as soon as you leave the hospital. If nausea occurs, wait 30 minutes and try liquids again. A regular diet can be resumed three hours after leaving the surgery center. If citrus juice or other foods seem to irritate your child, avoid those foods.
3. Normal activity is permitted as tolerated by the child.
4. Mild fever is expected. Use Tylenol, Motrin, or a sponge bath to bring down the temperature. If the fever persists after using Tylenol or Motrin and it is above 101.5, call the office.
5. Mouth odor is expected during the first two weeks. Nasal congestion and thick drainage is expected, saline drops can be used.
6. Use Tylenol or Motrin for pain.
7. Bleeding is rare following an adenoidectomy. If bleeding occurs from the mouth or nose it will usually stop in 5-10 minutes. If a steady trickle continues, call the office.

**Office Phone: 804-484-3700**

Virginia Ear, Nose & Throat Associates' office hours are 8:00 a.m. to 4:30 p.m. You should be able to reach us after hours by calling the regular office number. If for some reason you are not able to reach our "after hours" service through this main number you may call them directly at 257-5140.