

Post-Operative Instructions: Adenoidectomy (Adult)

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- **Diet** - You will probably be able to return to a normal diet within a few days of the operation. Please keep yourself well hydrated by drinking plenty of liquids.
- **Activity** - Returning to school/work will depend upon the speed of your recovery. In general, you may return to school/work within 2-3 days after surgery. You should refrain from strenuous activities for 1 week. You should avoid nose blowing and swimming for 7 days.
- **Pain** - You will experience mild throat discomfort and perhaps some neck stiffness. These symptoms are best treated with Tylenol® or Ibuprofen. Do not use aspirin products as these can cause bleeding. Severe throat pain, neck pain, or neck stiffness is uncommon and if this occurs may be signs of an infection. If you experience severe throat pain, neck pain, or neck stiffness please contact your ENT Surgeon.
- **Fever** - You may run a low grade fever (100 - 101°F) for a few days. If the fever persists despite treatment with Tylenol, please call your doctor.
- **Bad Breath** - You may have a foul odor to the breath. This will resolve within 7-10 days.
- **Speech changes** - Your voice may sound different immediately after surgery. This will slowly improve over the next several weeks. If you drink very quickly, fluid may be felt in the nose. This sensation will pass after a few weeks.
- **Bleeding** - Nasal discharge is common after surgery, but continuous nasal bleeding should not occur. Please contact your doctor's office if persistent bleeding occurs from the nose or mouth. If you are unable to reach your doctor, proceed to the nearest emergency room.

Nasal Spray - You may resume nasal spray medications (ex: Flonase®, Nasonex®, Rhinocort, etc.) 7 days after surgery.