

WHAT TO EXPECT AFTER

ADENOIDECTOMY



ACTIVITY & DIET

- Most children are back to their normal activity within 48 hours after surgery. Normal activities may be resumed as soon as your child feels up to it. Do not travel outside the area for 1 week following surgery.
- Some children may experience nausea, vomiting, or fatigue from the general anesthetic. This should resolve within a few hours after surgery. Begin with a clear liquid diet, progress to a soft diet, and then return to a normal diet as your child feels like eating.

PAIN & TEMPERATURE

- Most children have minimal postoperative pain. Some children may experience a sore throat or headache for a few days, which is usually relieved by Tylenol (Acetaminophen).
- The body temperature is normally elevated as a result of surgery. A low grade fever is normal for a few days after surgery and should be treated with Tylenol. If pain becomes more severe or lasts longer than 3 days, or if a fever is not reduced with Tylenol, contact our office.

BLEEDING

Once your child leaves the hospital there should be no bleeding. If, after the first day you notice some pink saliva or a spot of blood in the saliva you should not be concerned. If however, bleeding is an amount similar to that received from a cut and comes from either the mouth or nose, go directly to the emergency room.

GENERAL CARE

Increased snoring or nasal congestion is normal after surgery and is caused by swelling in the back of the nose. Bad breath is also common and is caused by the scabs that form in the region of the surgery. Snoring, congestion and bad breath should be gone by 10-14 days after surgery. Bad breath may be improved by the use of mild salt water solution as a gargle.

FOLLOW-UP APPOINTMENT

A follow-up appointment has been made for you. Refer to your surgery letter for date and time. If this appointment needs to be changed, please contact our office.

QUESTIONS OR PROBLEMS

If questions or problems arise during normal business hours, please do not hesitate to call the office at (810)695-3766. For post-surgical medical issues after normal business hours, call the office at (810) 695-3766 and follow the prompts to be connected to Dr. Ulrich. If unable to connect through the office, contact Genesys information at (810) 606-5000 to have Dr. Ulrich paged.

J. Martin Ulrich, D.O., F.O.C.O.O
BOARD CERTIFIED