

Postoperative Patient Instructions Following Adenoidectomy

Adenoid tissue is located above the soft palate directly posterior to the nasal cavity. The adenoid tissue is a collection of lymph tissue similar to the tonsil. Which are easily visualized in the back of the mouth.

As opposed to patients undergoing tonsillectomy, postoperative adenoidectomy patients can eat a regular diet within the first 8 hours. Milk products are to be avoided during the first 6-8 hours because of the possibility of postoperative nausea. Children undergoing an adenoidectomy experience minimal bleeding in the immediate postoperative period and minimal discomfort.

The patients undergoing an adenoidectomy will be placed on an antibiotic, and pain medication. We typically will prescribe *Amoxil or Augmentin* for 7-10 days and *Hydrocodone* for 2-3 days, if the patient is not allergic to penicillin and/or codeine.

The patient may experience mild nasal congestion and an unpleasant oral or nasal odor during the first 5 days as the area of the vaporized adenoids heals. The patient might have possible neck soreness following the procedure, which is normal due to positioning during surgery.

Very rarely, the patient will experience discomfort lasting 2 days or bleeding. If any nasal or oral bleeding occurs, and if the patient experiences an elevation of temperature 101 or above, please contact our office and/or the surgeon on call.

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