



Home Care After Adenoidectomy- Adult

General Information:

Adenoidectomy is the removal of the adenoids. The adenoids are pads of tissue located behind the nose in the top of the throat. Following surgery, you may lack energy for several days, and may also be restless at night. This will improve over 3 to 4 days after an adenoidectomy.

Diet:

It is important that you drink plenty of fluids for the first three days. Begin with clear liquids the day of surgery. Clear liquids might include apple juice, soda/pop, Jello, or popsicles. Many patients begin eating a light diet the first day of surgery. These foods may include soups, potatoes, bananas, eggs and applesauce. You can eat a normal diet when you feel ready. Your doctor will notify you of any diet restrictions.

Activity:

You should rest at home for the first 24 hours. Activity may increase as strength returns. Generally patients return to work 2 to 3 days after an adenoidectomy. Your doctor will notify you of any activity restrictions.

Pain:

You may experience a mild sore throat or a headache for 2 to 3 days that can be relieved by acetaminophen (Tylenol). Do not use aspirin, ibuprofen, or Pepto Bismol.

Bad Breath:

Bad breath is very common due to healing of the back of the throat. You may gargle with a mild salt-water solution to improve the bad breath (mix 1/2 teaspoon table salt with 8 ounces of warm tap water). You may also chew gum. Some patients mouth breathe or snore during the recovery period due to swelling. Propping yourself up with pillows may lessen snoring.

Bleeding:

There should be NO bleeding from the nose or mouth. If any bleeding occurs, sit upright and phone your doctor immediately. If you are unable to reach your doctor quickly, go to the emergency room to be checked.

Fever:

It is normal for you to have a slight fever (99° to 101° axillary) for the first few days following an adenoidectomy. Drink plenty of fluids and use an acetaminophen non- aspirin product to keep the fever down (no aspirin, ibuprofen or Pepto Bismol). If the fever is over 102° contact your doctor.

Nausea/Vomiting:

It is not unusual for you to feel sick after an adenoidectomy. If vomiting persists for more than 6 hours, contact your doctor.

For Questions or Emergency Care:

Call the office at **601-984-5160**. You may need to speak with the doctor on-call.