

INSTRUCTIONS FOR DR. WHITE'S PATIENTS ADENOIDECTOMY

1. **Please do not give the child anything to eat or drink after midnight the night before surgery.**
2. Return for post-operative visit 3 weeks after surgery.
3. Use Children's Tylenol or Tempra (Acetaminophen) every 4 hours for pain. Stronger pain medicines are usually not needed. **DO NOT USE MOTRIN OR ADVIL DUE TO THE INCREASED RISK OF BLEEDING.**
4. DIET:
 - Day of Surgery – clear liquids (apple juice, Gatorade, clear broth without noodles or vegetables, Popsicles) for 3 to 4 hours and then advance to soft diet.
 - Day after Surgery – Full liquids and soft diets as tolerated
5. Encourage fluid intake to prevent dehydration and promote healing. **Dehydration is the most common cause of post-operative fever in children.** Fluids also prevent bleeding from the surgical site and infection.
6. Antibiotics are not normally given post-operatively. Please call if your child develops extremely bad breath or runs a temperature greater than 101 degrees Fahrenheit.
7. Neck pain is common after adenoidectomy. If this occurs, give regular doses of Children's Tylenol or Tempra for 24 to 48 hours, or until it resolves.
8. Voice changes may occur due to changes in muscle functioning in the back of the throat. Occasionally, liquid may enter the back of the nose until the healing process is complete.
9. Restricted activity for one week after surgery.
10. Cough and congestion is very common after surgery. Over the counter decongestants such as Robitussin PE may offer some relief.
11. Please call us for any questions or concerns that you may have regarding your child's status at (770)777-1100.