



DRS. BERGHASH & LANZA, P.L. D/B/A
South Coast Ear, Nose & Throat

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**BOARD CERTIFIED*

POSTOPERATIVE INSTRUCTIONS FOR ADENOIDECTOMY

The following guidelines should help during the first week after surgery. Although individual responses vary widely following any operation, you (or your child) can expect to return to normal in about five to seven (5-7) days.

ACTIVITY: Rest is encouraged the first one to two (1-2) days. You or you child may increase the level of activity as tolerated, but should avoid public places for the first four to five (4-5) days.

DIET: After discharge from the hospital or surgery center, adequate fluids are essential and may be given in almost any form such as water, soda, juice, jello or popsicles. Encourage fluids for at least ten (10) days. Drinking citrus fruit juices, pineapple and tomato juice may sting due to the acid, and are discouraged. Soft foods are tolerated best at first and should be encouraged. Highly seasoned or very scratchy food should be avoided. Normal diet can be advanced as tolerated.

PAIN: Pain and discomfort varies with each patient after surgery. Minimal discomfort is normal. It may be noted as a slight sore throat and tenderness in the roof of the mouth. Medication may be prescribed to help control pain, take as directed. You may also use Tylenol or Acetaminophen.

BLEEDING: This occurs occasionally and is rarely serious. Bleeding typically occurs between days five to nine (5-9) postoperatively. Gargling or rinsing the mouth with ice water should stop the bleeding. If it does stop, nothing further needs to be done, except limit activity for about twenty-four (24) hours. If bleeding persists more than fifteen (15) minutes in moderate or large amounts, please contact us for further instructions. See contact information below.

FEVER: Very slight elevations of temperature during the first few days are usual. If the temperature is above 101.5 degrees, please contact us. See contact information below.

VOMITING: Nausea and vomiting may occur following anesthesia and usually clears after the first day. If persistent nausea and vomiting occurs after the first day at home, please contact us. See contact information below.

INFECTION: This occurs rarely, typically five to nine (5-9) days after surgery. It is noted by a combination of cough, crusty yellow or green nasal drainage and fever. If this occurs, please contact us. See contact information below.

MEDICATIONS Medication may be prescribed to help control pain, take as directed. You may also use Tylenol or Acetaminophen. If you have been prescribed an antibiotic, take as directed. You may resume any other medications that you use regularly. If taking pain medications, avoid drinking alcohol or other dangerous situations.

DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICATIONS FOR AT LEAST THREE (3) WEEKS.

NIGHTMARES: These may occur in the immediate post operative period and can usually be handled by reassurance from the parent.

FOLLOW-UP VISIT TO THE OFFICE: If a postoperative appointment has not been made for you, please call the office the day after surgery to arrange an appointment within one to two (1-2) weeks following the surgery.

PROBLEMS AND QUESTIONS: For any problems that arise, or to ask any questions, please call the office during regular business hours at (772) 398-9911, (772) 464-6055, (863) 357-7791 or contact the Answering Service after hours by dialing (772) 320-0040. Drs. Berghash, Lanza, Wright or Zeiders are on call after hours and weekends for emergencies.