



# ENTAA Care

Ear, Nose & Throat, Asthma & Allergy  
Audiology & Hearing Aid Center  
Speech & Balance Center

## **Post-Operative Instructions for Adenoidectomy**

1. Your physician will advise you when to schedule your next follow-up appointment after your surgery.
2. **Activity:** Limit physical activity for one week.
3. **Medication:** A prescription for pain medication may be given; take as directed. If you are not given or do not need the prescribed medication and want to take an over-the-counter medication, take Tylenol. Do not use Aspirin products or Ibuprofen (Motrin, Aleve or Advil). Do not take Tylenol with your pain medication. You may alternate Tylenol with your pain medication providing you wait 4-6 hours between doses.
4. **Diet:** Primarily liquids should be taken for the first day to avoid nausea. It is essential that the patient drinks an adequate amount of fluids. A normal diet may be resumed after the first post operative day.
5. **General:** **Patients should not blow their nose for approximately five days.** Increased mucous production is normal and part of the healing process. There may be a bad odor to breath until healing has occurred. It does not mean infection and should go away in 7-10 days. Brushing teeth and rinsing the mouth with salt water 2-3 times a day may help.

**PLEASE DO NOT HESITATE TO CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR PROBLEMS. 410-760-8840**