

Patti Huang, MD PA
5520 Independence Parkway, Suite 202, Frisco, Texas 75035
214 374 8264

Adenoidectomy Post-operative Instructions

After an adenoidectomy there are several aspects of care that are important. The first is hydration and nutrition. Hydration is very important the first several days after surgery. This should consist of ample liquids (juices, milk and sport drinks) to ensure urination at least twice daily. Adequate urine output varies with age and size of the patient, but this is a reasonable starting point. It is normal to have increased nasal congestion and nasal secretions for 1 ½ - 2 weeks after surgery. Please avoid running, jumping, swimming, or any other strenuous activity. There is to be no travel for 2 weeks. Minor sore throat, neck stiffness or soreness, and ear pain are common. Treat these symptoms with the prescribed pain medicine or Tylenol. Avoid Advil, Aspirin, Motrin, Ibuprofen, or any other blood-thinning agent for 2 weeks following surgery. Low-grade fever is normal after an adenoidectomy. Tylenol may be used for fever reduction. Rarely, high fever may be indicative of a more serious problem. To further address this, you should contact your physician for any fever greater than 101.5 that does not respond to Tylenol or your pain medicine. Please also contact the physician if there is any bleeding. If you have any questions or concerns, please call our office during business hours Monday-Friday (8:30 am-5:00pm) at (214) 374 8264. For emergencies after hours or during the weekend, please call the office for instructions, and ask for the doctor on call for our group.