

**DIET:**

1. A light diet, such as gelatin, liquids, and popsicles, is best for the first 24 hours following surgery. Avoid spicy, hot or gaseous foods. Pudding and soups may be started after 24 hours have passed.
2. If patient experiences nausea or vomiting, avoid giving solid foods – resume clear liquids.
3. It is very important to encourage a good fluid intake, such as water, 7-Up, weak tea, Kool-Aid, Coke, Gatorade, sherbet, orange, or grapefruit juices.
4. The patient may eat any foods that they want after the day of surgery.

**MEDICATIONS:**

Continue routine medications.

Patient given Rx: \_\_\_\_\_

You may **alternate** Ibuprofen with your prescribed pain medication, unless directed differently. **DO NOT TAKE ASPIRIN.** If you are **NO LONGER** taking prescribed pain medication, you may alternate Tylenol with Ibuprofen for pain control.

If taking prescribed pain medication, adults should not drink alcoholic beverages or drive a car.

**GENERAL ANESTHETIC:**

After a general anesthetic, the patient may experience some weakness, dizziness, sleepiness. A responsible adult must stay with the patient for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery or make important or legal decisions for up to 24 hours.

**ACTIVITY:**

1. Patients should remain quiet and inside of the house for at least 2 days after surgery, then activities may be resumed as tolerated.
2. Quiet activities like watching TV, video games, cards, board games, coloring, and other favorite non-active pastimes like schoolwork or reading are good.
3. Children will be absent from school for about 2-3 days following surgery.

**SPECIAL INSTRUCTIONS:**

1. Do not blow your nose for one week after surgery.
2. For approximately 10 days the patient may have ear pain. It may not be noticed until some of the throat pain has ended. This is common and has nothing to do with the ears, even if the patient had ear surgery. As the adenoid area heals, the ear discomfort will resolve. It is also normal for throat discomfort to seem worse during yawning and for the tongue to appear swollen and feel uncomfortable for a few days after surgery.
3. Nausea and vomiting are common for 24 hours. Vomiting may contain blood swallowed during surgery. Nausea beyond 24 hours may be due to reaction to prescription pain medication; try plain Tylenol or Ibuprofen.
4. It is normal for patients to have an odor to their breath. This will go away when the adenoid area heals.
5. Occasionally muscle discomfort will result in a stiff neck. This can be soothed by the application of a heating pad.
6. It is not unusual in the first 12 to 24 hours following surgery to notice small flecks of blood in the oral mucous or nasal mucous.

**FOLLOW-UP:**

Office appointment \_\_\_\_\_

Keep appointment as made during patient's pre-op visit.

Other: \_\_\_\_\_

**MISCELLANEOUS:**

Contact physician if patient experiences:

1. Excessive bleeding
2. Persistent severe pain not relieved by medication.
3. Vomiting after stopping prescription pain medication.
4. It is normal for two days to run a temperature of around 101° F, and 100° F for around one week after surgery. You may use Tylenol or Ibuprofen if needed. Beyond this, if you have elevated or persistent fever, call your surgeon.

**Drs. Jetmore, Bawa, & Hirons**

Telephone (765) 966-1600

Toll Free (800) 891-1633

For serious problems, report to your nearest Emergency Department.

Instructions explained by: \_\_\_\_\_ Date: \_\_\_\_\_

I understand the above: \_\_\_\_\_ Relationship: \_\_\_\_\_

**PATIENT INSTRUCTIONS**

**ADENOIDECTOMY**

**DRS. JETMORE, BAWA, & HIRONS**

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