



**Lubbock**  
SINUS DOCTOR

## Postoperative Instructions for an Adenoidectomy

1. An adenoidectomy is being done to try and improve nasal breathing and or nasal infection problems.
2. Expect bad breath for 2-3 weeks.
3. Ear pain is common.
4. There is no limitation in activity or diet.
5. An antibiotic is usually not necessary.
6. Over the counter Tylenol, Motrin, Advil, or Ibuprofen should be adequate for pain control.
7. Fevers for the first 7 days are not uncommon. Use the over the counter pain medications to control fevers.
8. Because tissue was removed, the sound of the voice may change.
9. If bleeding occurs after surgery, it will usually stop without treatment. Over the counter Afrin nasal spray may be used. 1-2 sprays each nostril should be applied. A "gushing" nosebleed is uncommon. Please call if you are concerned about bleeding that is "gushing."

I, \_\_\_\_\_, confirm that I have read and understand the information provided before the date of surgery.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date