



MARYLAND ENT ASSOCIATES

EAR • NOSE • THROAT

FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

ADENOIDECTOMY HOME CARE INSTRUCTIONS

- Drink a lot of fluids. This is important to prevent dehydration and to keep the throat moist.
- Advance diet as tolerated.
- Advance activity as tolerated after surgery. If child feels well they may return to school, however, avoid vigorous activity for several days.
- Do not take aspirin or ibuprofen or products containing aspirin or ibuprofen for 2 weeks.
- Tylenol® may be taken as directed on the package.
- See your physician as scheduled following your procedure:

Appointment: _____

POSSIBLE SIDE EFFECTS

- Your child may feel drowsy and nauseated for a short period of time from the anesthesia.
- It is normal to experience some minor throat discomfort.
- It is normal to experience a low grade fever (100.0° – 101.5°).

CONTACT YOUR PHYSICIAN

- If there is any sign of bright red bleeding from the mouth or nose.
- If your child has uncontrolled pain that is not relieved with Tylenol.
- If your child has a fever greater than 101.5°.
- If you have any questions or concerns.

301-989-2300 If you call after normal office hours please follow the instructions on the recording. A physician will be contacted to return your call.

Comments: _____