

Postoperative Instructions for Adenoidectomy

1. Drink plenty of liquids and eat soft foods. You may advance diet as tolerated.
2. **NO** bending, lifting, or straining for three (3) days.
3. You may use Tylenol and/or Ibuprofen for pain as needed.
4. **NO** aspirin or Aspirin-containing products.
5. Ear pain or discomfort may be expected after an adenoidectomy. It will resolve.
6. Low-grade fevers, less than 102 degrees Fahrenheit are very common after an adenoidectomy. High, prolonged fevers should be reported.
7. Please contact the office within one (1) or two (2) days of discharge from the hospital or surgery center to schedule a postoperative appointment. (Office telephone number: 610-376-9728, prompt 2 from a touch-tone telephone).
8. Please contact the office if bleeding occurs or if you have any other concerns.
9. In the event of a medical emergency call 911 or go directly to the Reading Hospital and Medical Center Emergency Room.