

ADENOIDECTOMY

Home Care Instructions for Adults

ACTIVITY

- You will require constant supervision for the next 24 hours by a responsible adult.
- Rest and limit activity for **one week**. Fatigue may persist for two to three days due to the effects of anesthesia.
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medication.**
- Bad breath is common. Practice good oral hygiene by brushing teeth and rinsing mouth with salt water.
- Nasal congestion is common for two weeks after surgery; a cool mist humidifier may help.

DIET

- **Drink plenty of fluids to** prevent dehydration.
- Begin with clear liquids such as apple juice, popsicles and water. Advance diet as tolerated.
- Avoid hot or spicy foods for one week.

PAIN

- Taking pain medication **around the clock** for the first two days is recommended. Set an alarm clock throughout the night so that the pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener or drink plenty of fluids with addition of fruit juices to prevent constipation.
- Pain is individual and can vary from day to day. Neck pain and earaches are common.
- Take Tylenol every four hours as needed for pain control.
- You may also take Ibuprofen every six hours as needed for additional pain control.
- If you were prescribed a narcotic pain medication, use as directed, and **DO NOT combine this with additional Tylenol.**

YOUR NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

BLEEDING

- Blood tinged, watery drainage is expected. Avoid swallowing these secretions as it will lead to nausea and vomiting.
- **Profuse bright red blood through the nose and/or mouth is not normal. Call 911 or go to the nearest emergency room.**

WHEN TO CALL YOUR DOCTOR (CALL 208-367-3320 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Signs of dehydration such as dry lips and infrequent urination.
- Nausea and vomiting lasting more than 24 hours.

WHEN TO GO TO THE EMERGENCY ROOM

- Difficulty breathing.
- Uncontrollable bleeding, coughing or vomiting up large amounts of bright red blood.
- If you are unable to reach your physician and need help.