

# DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

Otolaryngology – Head and Neck Surgery

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## **ADENOIDECTOMY DISCHARGE INSTRUCTIONS**

THE ADENOID TISSUE IS MASSIVE TISSUE SITUATED IN THE BACK OF THE NOSE ABOVE THE PALATE. AFTER REMOVAL OF THE ADENOID TISSUE, THERE IS A RAW AREA THAT HEALS IN ABOUT ON WEEK.

YOUR CHILD'S POST-OPERATIVE SYMPTOMS CAN INCLUDE A STUFFY NOSE WITH MILD SWELLING AND MILD BLOOD MUCOUS FROM THE NOSE OR ORAL CAVITY. HE/SHE MAY ALSO HAVE A MILD SORE THROAT AND THROAT PAIN. NORMALLY, THIS IS CONTROLLED WITH TYLENOL OR A MILD NARCOTIC MEDICATION. THE PATIENT SHOULD BE DISCOURAGED FROM NOSE BLOWING AND VIGOROUS PHYSICAL ACTIVITY FOR TEN DAYS FOLLOWING SURGERY.

YOU SHOULD CALL YOUR DOCTOR IF:

1. THE PATIENT HAS A PERSISTENT FEVER GREATER THAN 101 DEGREES, WHICH DOES NOT RESPOND TO TYLENOL.
2. THE PATIENT HAS PERSISTENT NASAL BLEEDING OR BLEEDING FROM THE MOUTH.
3. THERE IS CONTINUED VOMITING AND SIGNS OF DEHYDRATION, WHICH INCLUDES FEVER, DRY MOUTH AND DECREASED URINATION.

YOU SHOULD CALL YOUR PHYSICIAN FOR A FOLLOW UP APPOINTMENT APPROXIMATELY 10-14 DAYS AFTER SURGERY.

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