

## DISCHARGE INSTRUCTIONS FOR ADENOIDECTOMY

1. No strenuous activity for 1 week. May return to work or school tomorrow.
2. No nose blowing for 3 days. Call the doctor if there is any heavy bleeding from nose or mouth (a little light spotting is normal). Use of Saline Nasal spray is OK for comfort as necessary.
3. The patient may have a regular diet. Popsicles will help to ease the sore throat and swelling.
4. Ear pain is very common following adenoideotomy and is really pain from the throat which goes to the ears. This is not a reflection of an ear problem.
5. Tylenol and/or Ibuprofen may be given for pain if needed. Aspirin use should be avoided.
6. Low grade fevers are normal for the first few days. Drinking plenty of fluids will help to keep the temperature down.