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Post-Operative Instructions for an Adenoidectomy

An adenoidectomy usually only requires the day of surgery for recovery. Children can plan on returning to school the next day and adults may return to work.

What to Expect:

1. Slight discomfort when swallowing for a few days due to the tube used for airway maintenance during surgery.
2. Runny nose/nasal discharge is common during the first 2 weeks after surgery. Removing adenoids allows the sinuses to drain from the nose.

Post Operative Care

Diet:

Start with a clear liquid diet (Water; Juices-apple and grape, Sports Drinks – 10-K, Gatorade, Powerade; 7-UP or Sprite; Popsicles, or Jell-O) to prevent nausea and/or vomiting. Advance to a regular diet for age as tolerated.

Any questions or concerns, please do not hesitate to call. Thank you for your confidence in letting us care for you and your family.