



## **DEVANG DESAI, MD**

### **POSTOPERATIVE CARE AFTER ADENOIDECTOMY**

#### **THINGS TO EXPECT:**

- **A small amount of blood-tinged drainage is normal the day of and the day after surgery.**
- **Some children have an increase in post-nasal drainage in the weeks after surgery.**

#### **THINGS TO DO**

- **Encourage your child to drink lots of fluids.**
- **Use a bedside vaporizer if you have one. It is not necessary to purchase one.**
- **Give Tylenol for minor pain and fever.**
- **If any bleeding is noticed, put ½ dropper of 0.5% Neo-Syneprine nose drops into each nostril at 30 minute intervals. If bleeding persists, please call your Surgery Scheduler between 9:00 AM and 5:00 PM or your doctor after hours.**
- **When fully alert, your child may play around the house. Strenuous activity should be avoided for a few days after surgery.**

#### **THINGS TO AVOID**

- **Do not give any aspirin or ibuprofen medications for two weeks after surgery.**
- **Children should avoid swimming for 10 days after surgery.**
- **Avoid vigorous outside play, such as running or jumping, for 5 days after surgery.**

**For any questions or problems after surgery, please call your Surgery Scheduler between 9:00 AM and 5:00 PM or your doctor after hours.**