

# POST OPERATIVE CARE



## Prior to Surgery

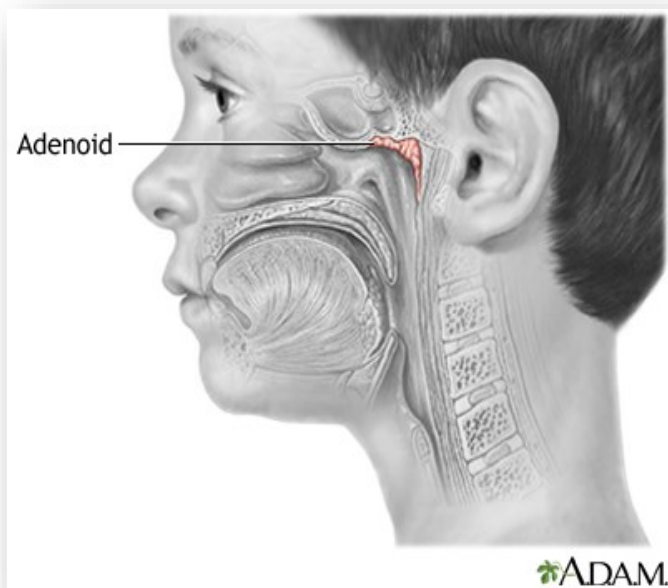
- The surgery coordinator will notify you of the pre-admissions appointment as well as any necessary testing
- The hospital will notify you of the medications you can take the morning of surgery
- For children 13 years or younger, please have them wear two-piece loose fitting clothes.

## After Surgery

- Begin with clear liquids (juice, water, Gatorade, or even popsicles/jell-o), if this does not cause nausea/vomiting you may then progress to a soft, regular diet.
- Plenty of fluid intake is critical.
- If your child is reluctant to eat solid foods, be sure that they get adequate fluids during this time.
- Also be aware that "bad breath" is normal for the first month after surgery as this is a part of the healing process.
- Call our office if you experience any of the following:
  - Temperature of 101.9 or greater
  - Pain that is not relieved from pain medications
  - Nausea or vomiting not relieved with medications

## Pain Management

Tylenol and ibuprofen can be used for pain management. They can be taken together at the same time every six hours or alternating every three hours.



## ADENOIDECTOMY

Adenoids (ADD en oyds) are glands high in the throat behind the nose. Adenoidectomy is a surgical procedure performed to remove the adenoid. The adenoid is a mass of lymphoid tissue similar to the tonsils, located behind the nasal passages.

An adenoidectomy may be done if you have trouble with breathing through the nose or for problems with frequent ear infections or sinus infections, among other reasons. An adenoidectomy may be done as its own surgery or it may be done at the same time as a tonsillectomy or other procedures.

Contact our office for assistance  
828-263-5684  
Or After hours  
1-800-893-6743