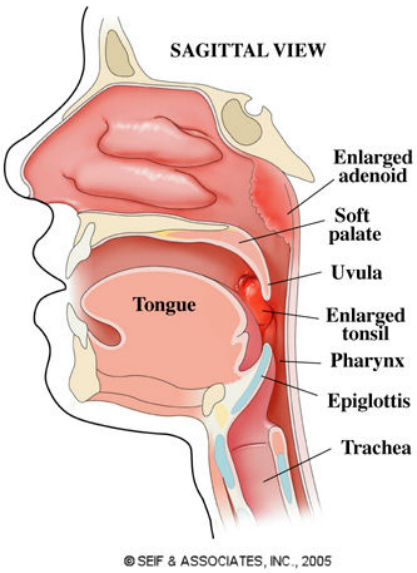
Adenoidectomy Information
Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide general information on care after the patient leaves the hospital. The surgeon may also give specific instructions. While treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If there are any problems or questions after discharge, please call the surgeon.



HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. **Do not give aspirin to children.** This increases the possibility for bleeding.
- Get proper rest. You or your child may feel worn out and tired for a while.
- Because of sore throat and swelling, the patient's appetite may be poor. Soft and cold foods such as ice cream, popsicles, and cold drinks are usually tolerated the best.
- Avoid mouthwashes and gargles.
- Avoid being near people with upper respiratory infections, such as colds and sore throats.
- An ice pack applied to the neck may help with discomfort.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is increased bleeding, or the patient coughs or spits up bright red blood.
- There is increasing pain that is not controlled with medications.
- You or your child has an oral temperature above 102° F (38.9° C), not controlled by medicine.
- A rash develops.
- The patient has a hard time breathing.
- Allergy problems develop.
- The patient becomes lightheaded or feels faint.

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