



- Otolaryngology
- Head & Neck Surgery
- Ear, Nose & Throat
- In-Office Balloon Sinuplasty
- Hearing Aids
- Sinus Specialist
- Pediatrics & Adults
- Sleep Apnea Surgery

INSTRUCTIONS AFTER ADENOIDECTOMY

- Expect a sore throat for one to two days following the procedure, as well as drainage from the nose.
- It is normal for the patient to have bad breath and a low-grade fever. If their temperature rises above 101 degrees, contact the office.
- Nausea and vomiting are uncommon after an adenoidectomy. If these do occur, they will usually resolve by the next morning. If they continue, please contact Dr. Rosner.
- Bloody drainage from the nose and throat is common and typically stops within 24 hours of the procedure.
- If the patient develops active, bright red bleeding, please go to the nearest emergency room.
- Following the procedure, the patient must avoid hard and sharp food for a minimum of 10 days, such as chips and pizza crust.
- Refrain from any strenuous activities for a minimum of one week following the procedure.
- When an adenoidectomy is performed, it is common for some of the adenoids to be left behind. This prevents damage to the Eustachian tubes; therefore, it is occasionally possible for the adenoids to grow back.
- The patient may blow their nose gently, one side at a time.
- The patient may return to work or school the next day if they feel well enough.
- Schedule the patient's post-op exam for three weeks after the procedure.

Please contact the office with any questions or concerns at, (248) 844-2936.

