

# **Wichita Ear Clinic**

## **Discharge Instructions for Adenoidectomy**

### **DIET**

- Resume a regular diet. **It is very important to stay hydrated**, drink 6 – 8 glasses of water or other fluids each day. This will help soothe the throat. Suggestions: Ice chips, popsicles, water and smoothies.
- If the patient becomes nauseated, withhold food and liquids for 1 hour and start again with clear liquids. Then progress diet as tolerated. Avoid spicy or greasy foods for the first 24 hours

### **GENERAL INSTRUCTIONS**

- Objectionable mouth odor commonly observed for several days is relieved by drinking fluids and adequate intake of foods.
- Regular activity as tolerated.
- Ear pain and a slight fever 99-100° for the first few days is common occurrence and may be disregarded.
- Mild bleeding is NOT unusual and usually stops with gargling ice cold water for 1-2 minutes. If bleeding continues or clots are seen in the throat, call the office.

### **MEDICATIONS**

- Use Tylenol (Acetaminophen) or Ibuprofen as directed **\*\*DO NOT USE ASPIRIN\*\***

### **CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR**

- Bleeding from the throat
- Persistent cough or high fever developing within ten days of surgery
- Temperature above 101 degrees that is persistent
- Persistent nausea and vomiting.
- Contact your doctor if you have any other questions or concerns.

**FOLLOW UP:** \_\_\_\_\_ **Days/ Weeks, or as scheduled.**

**I have read and understand the discharge instructions and reviewed them with the nurse.**

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Patient/Guardian Signature

Nurse's Signature

Date