



ENT & Audiology Center of Southlake

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Diplomate of the American Board of Otolaryngology

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Otolaryngology-Head and Neck Surgery

Adenoidectomy

Surgical Instructions

Before Surgery:

Bleeding is sometimes a risk during and after surgery. Some over-the-counter anti-inflammatory medications can increase this risk. **DO NOT** take any anti-inflammatory medication **1 week before or 2 weeks after surgery.**

Examples of anti-inflammatories: Ibuprofen, Motrin, Advil, Aspirin, Aleve or any medication that includes these drugs. If you are taking any “blood thinners” please notify the anesthesiologist and me prior to surgery.

You **MAY** take Acetaminophen (Tylenol) for pain or fever during the period before or after surgery without affecting the risk of bleeding.

On the Day of Surgery:

THE HOSPITAL WILL CALL YOU REGARDING THE TIME YOU ARE SCHEDULED FOR SURGERY. THEY WILL INSTRUCT YOU AS TO YOUR ARRIVAL TIME AND PRE-OP FASTING INSTRUCTIONS.

Each hospital will have specific instructions and you should adhere to them. If you are not contacted in advance, or for any reason do not receive specific instructions, use the following guidelines:

You should **stop eating** all solid foods, candy, gum, and milk **eight (8) hours** before the scheduled surgery time.

Further, you should **stop drinking** all liquids, even clear liquids six **(6) hours** before your scheduled surgery time.

IF YOU FORGET AND EAT/DRINK AFTER THE CUTOFF TIME, NOTIFY THE HOSPITAL ASAP, BECAUSE THIS MAY DELAY OR CANCEL THE SURGERY.





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What to expect after an Adenoidectomy:

1. Your voice may change, you might hear a “nasal” tone temporarily. This should resolve in a few days post operatively.
2. You may have a dry or scratchy throat; this is usually due to drainage from the surgery. Drinking fluids will help this subside.
3. A foul mouth odor. Again, time and drinking fluids can help resolve this.
4. You might have a low-grade fever post operatively. Maintaining fluid intake and being active will often decrease this.
5. I will likely prescribe prescriptions for pain, antibiotics and/or nausea. Take as directed.

What should I do if I have pain?

Mild pain may be common for the first day or two after surgery. It may be felt in throat or in the ears. Take pain medication as directed.

Dietary Guidelines:

1. A normal diet can be resumed when it is tolerated.
2. It is imperative to drink normal amounts of fluids post operatively. You may be reluctant to drink due to pain. Time your fluid intake 30 minutes after you have taken pain medication.
3. Encourage fluids! Two or four quarts of clear, non-acidic fluids should be attempted daily. Liquids such as water, apple juice, Gatorade, Kool-Aid, Sprite, and tea are the preferred post-operative liquids.

Activity Guidelines:

The day of surgery you may be up and around inside as you desire, with supervision for dizziness. You may resume normal activities as soon as you are able.

You can return to school/ work as soon as you do not need prescription pain medications.

When to call my office:

1. Call me IMMEDIATELY, day or night if you have more than a teaspoon of fresh bright red bloody drainage.
2. If you have a low-grade fever greater than 101 degrees more than 48 hours after surgery.
3. If you have pain or nausea not relieved by the prescribed medications.

