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Adenoidectomy and Nasal Surgery

What to expect after adenoid and nasal surgery:

- It is normal to have nasal congestion, stuffiness, dryness, bad breath, intranasal swelling and/or nasal bleeding after adenoid and nasal surgery. This usually subsides within 1-3 weeks.
- Some patients may experience persistent or loud snoring following surgery. This can last for several weeks.
- You may experience smell/taste disturbance as well as voice change. Although this is generally temporary, it can be permanent.

Post-Operative Care:

- Run a humidifier: This will help to keep your airways moist and prevent over drying during the healing process. It is recommended that you run the humidifier day and night.
- Drink plenty of fluids: Increasing fluids will help to thin out any posterior nasal and throat drainage thus decreasing stomach discomfort.
- Saline Nasal Mist: Using nasal spray will help to open up nasal passages, reduce swelling and prevent bleeding. Please check with your doctor about the daily recommended dosage.
- Take pain medication as directed: If stronger pain medication is not needed, you may switch to Tylenol. **DO NOT combine Tylenol with pain medication unless instructed by your doctor. DO NOT take any aspirin, ibuprofen or naproxen products for 2 weeks following your surgery.**

Diet:

- Drink plenty of fluids. Start with a soft diet with minimal chewing and gradually progress to a normal diet over 2-3 days.

Activity Guidelines

- Avoid getting overheated or overtired for the first week. No sports or exercise programs for two weeks. You should be able to return to work/school within 2-4 days.
- Avoid people who have colds, the flu, or any lung or respiratory infection.
- No hot tubs or saunas or sitting outside for long periods of time for the first week.

Call your doctor if:

- You have a fever over 101°.
- You have large blood clots or bright red bleeding from your mouth or nose.