

ADENOIDECTOMY WITH MYRINGOTOMY AND TUBES POST-OP INSTRUCTIONS:

- Diet
 - Start with soft foods and advance to a regular diet as tolerated.
 - Some patients have nausea associated with anesthesia. This should subside in 12-24 hours. If not, please contact our office nurse.
- Activity
 - Heavy lifting and strenuous exercise/play should be avoided for 3 days after surgery.
 - Children can return to school/daycare 24 hours after anesthesia.
- Pain
 - Some patients experience neck, throat, or ear pain after surgery.
 - Pain is usually well-controlled with over-the-counter medications such as ibuprofen (Motrin, Advil) or acetaminophen (Tylenol).
 - If over-the-counter medications do not help, please contact our office nurse.
- Healing
 - Low-grade fever is common after surgery. Please contact our office if the temperature is 102°F or higher and does not respond to ibuprofen or acetaminophen.
 - Adenoidectomy leaves a scab at the back of the nose, which is not visible in the throat. Bad breath is very common due to the scab, and the foul odor does not indicate an infection.
 - The voice may differ temporarily after surgery and normalizes over 2-3 weeks.
- Bathing and swimming precautions
 - Bathe and shower normally after tube placement.
 - When swimming in a pool, earplugs are not required unless there is discomfort from diving or submersion. Earplugs are available in our office if needed.
 - Earplugs are not typically required for ocean or lake swimming either, but occasionally swimming in such environments may cause ear drainage. Contact our office if that occurs.
- Medications
 - Antibiotic eardrops are often prescribed after the procedure. Please use them as directed.
- Ear drainage
 - Drainage from the ears can occur after surgery. It may have a foul odor or may be bloody.
 - Antibiotic eardrops are often used to treat this.
 - Please call our office nurse if drainage persists after 4-6 days.
- If you have any questions or concerns, please call the office and ask to speak with the nurse.