



**Omaha Ear, Nose & Throat Clinic, P.C.**

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**ADENOIDECTOMY**

1. Use only **TYLENOL®** after surgery until seen by the physician for the post-op visit.
2. A follow up appointment needs to be scheduled two weeks postoperatively. You can call our office during regular business hours to schedule this appointment.
3. Activity should be limited for the first few days following the procedure.
4. A soft diet and plenty of fluids will help speed up the recovery process.
5. Your child may complain of ear pain. This is normal and it occurs from the healing at the surgical sight and usually is not a sign of an ear infection.
6. A nasal quality to the voice is common for the first few weeks. Bad breath is also common until the healing is complete.
7. Please call during normal office hours for any routine questions or medication refills. For urgent problems after hours, please call our office number and you will be put in touch with the physician on call.