

# Postoperative Care After Tympanoplasty & Adenoidectomy

## General Instructions

Your child may experience lightheadedness, dizziness, and sleepiness due to anesthesia. For the next 24 hours, a responsible person should be with your child.

## Diet

- Encourage your child to drink at least 6 glasses of liquids every day (water, juice, jello, popsicles, etc.). Avoid citric acid beverages. Prevention of dehydration is important and improves pain control and healing.
- Advance to a soft diet as tolerated (mashed potatoes, pasta, mac & cheese, scrambled eggs, pudding, etc.). Your child may have a poor appetite for up to a week following surgery.
- Avoid scratchy foods (toast, crackers, chips, popcorn, or pizza crust) for 2 weeks.

## Medications

- Complete the entire course of antibiotics, if prescribed.
- If needed use the prescribed pain medication routinely for the first few days after surgery, if prescribed. If the pain medication causes stomach irritation, give it with a small amount of food or drink.
- You may be recommended to alternate Tylenol and Ibuprofen (Advil). If so, take a dose of Tylenol every 6 hours and a dose of Advil every 6 hours. Separate the 2 medications by 3 hours for steady pain relief.
- Throat pain may be improved with sore throat lozenges, ice chips, cool compresses to the neck, or chewing gum. You may wish to give the pain medication 15-30 minutes prior to meals.
- Ear pain is a common complaint 3-4 days after surgery and represents referred pain from the throat. Place a warm water bottle next to the ear and give pain medication as needed.
- As throat pain improves, you may alternate with or change to a non-aspirin pain medication, such as acetaminophen, Tylenol, or ibuprofen. **Do not give aspirin.**
- You may take an over-the-counter cough medication or decongestant as needed.

## Activity

- Sleep with your head elevated on 2 pillows for several days following surgery.
- Avoid strenuous activity or play for 2 full weeks.
- Your child may miss up to 2 weeks of school. If they are feeling well enough, they may return to school in 5-7 days. Your child is excused from PE, sports, band, and music class for 2 full weeks.
- Avoid contact with people who have colds or upper respiratory infections if possible.

## Follow-Up Appointment

Call the office at **541-334-3370** in 3-8 weeks, per doctor instruction at pre-op visit, to schedule an appointment.

**Call 541-334-3370, select Option 2, if any of the following occur:**

- Bright red bleeding from the nose, mouth, or throat.
- Persistent nausea or vomiting
- Dehydration (not drinking fluids, dark urine, infrequent urination).