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FACIAL PLASTIC & COSMETIC SURGERY
ALLERGY TESTING & TREATMENT
HEARING AID SALES & SERVICE

Post-Operative Instructions
ADENOIDECTOMY

The adenoids are a mass of lymphoid tissue located behind the nasal passages. Infected adenoids may become enlarged or chronically infected, and subsequently lead to obstructed breathing, snoring/sleep apnea, sinus or ear infections, or other problems. Adenoidectomy is a surgical procedure performed to remove the adenoids.

- **DIET:** Encourage fluids the first day. Normal diet may be resumed as tolerated. Nausea/vomiting can occur due to anesthesia the first 24 hours following surgery but will resolve on its own.
- **ACTIVITIES:** Normal activities may be resumed the day after surgery.
- **BLEEDING:** There may be some blood-tinged mucus or saliva, however, if there is any fresh bleeding which persists contact your doctor immediately.
- **MEDICATION:** Use prescribed medications as directed.

A post-operative appointment has been scheduled for _____

LOCATION:

Southwest
1555 44th St. SW Wyoming MI 49509

Northeast
1425 Michigan NE Grand Rapids MI 49503

Mecosta
705 Oak St. Big Rapids MI 49307

Hastings
915 W. Green St. Hastings MI 49058

Greenville
403 S Nelson St Greenville, MI 48838