

## Adenoidectomy

The following instructions will help you know what to expect in the days after surgery. Please call if you have any questions or concerns.

### Physical Activities

After this surgery, children should rest for 1- 2 days. Strenuous physical activity following surgery is discouraged for the first week. Children may return to school after 1 week.

### Diet

The more your child drinks, the sooner the pain will subside. Aim for as normal a diet as possible to encourage healing. Fluids are most important and should be actively encouraged.

### Pain

For the first several days (occasionally up to 7 days) following surgery, pain in the throat is to be expected. This can usually be controlled with paracetamol. If this does not control the pain, ibuprofen (Nurofen) can be added.

Pain is often worse at night and may prompt the need for additional pain medication.

Occasionally a stiff neck may occur - please call if it becomes excessively painful, limiting range of movement of the neck.

### Malodour

A foul odour from the nose and mouth is normal for up to 2 weeks. It is due to the healing process and antibiotics are not usually required.

Saline nasal sprays (available over the counter) can be used to help clear the nose if it becomes snotty.

### Fever

A low-grade fever (less than 38 following surgery) may occur and should be treated with paracetamol. Follow the directions on the bottle. If the fever persists (more than two days) or if a higher fever develops, please call.

### Bleeding

Post-operative bleeding is unusual. Most bleeding is minor and you may only see a little coating of blood on the tongue. Watch for spitting, coughing, or vomiting of blood -if there is significant bleeding following surgery present to Toowoomba Base Hospital where there is ENT support 24 hours a day. There is a significant out of pocket cost if you present to St Vincent's Emergency Department (upwards of \$400).

### Follow up

A follow-up phone call will be made for approximately 4 to 6 weeks after surgery.