

Adenoidectomy

Postoperative Care Instructions:

- **Diet** – Your child may return to a normal diet immediately after the procedure. During this time, it is important to keep your child well hydrated. Rough food is encouraged.
- **Activity** – Your child's return to school will depend upon the speed of his or her recovery, but it is often about three days after the procedure. Any strenuous activity should be avoided during the first week of recovery. Children should avoid nose blowing during this time.
- **Pain** – Mild throat discomfort and perhaps some neck stiffness can be expected. To alleviate discomfort, paracetamol (Panadol) may be administered. If paracetamol is not providing enough pain relief then Ibuprofen may be used as the second option. Please do not use aspirin as it may cause bleeding.
- **Fever** – Following surgery, your child may run a low grade fever. This can be treated with paracetamol (Panadol).
- **Foul Breath** – Your child may have foul-smelling breath. This should resolve within two weeks.
- **Speech Changes** – Your child's voice may sound different immediately after the surgery. This will slowly improve over the next several weeks. If your child drinks very quickly, fluid may be felt in the nose. This sensation usually goes away in a few weeks.
- **Cough** – Coughing may occur for several weeks following surgery. This is related to the tissue healing process and will resolve when the tissue fully heals.
- **Bleeding** – Nasal discharge is common after surgery, but continuous nasal bleeding should not occur. If bleeding occurs from the nose or mouth that is more than a tablespoon full or the patient/ your child has a blood vomit, along with contacting 000, take the patient / child to the nearest emergency department via ambulance and ask the emergency department.

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