

### Instructions for patients after adenoidectomy

After surgery, you/your child will remain in hospital under observation for a short period and will be discharged home when stable.

After discharge:

- You/your child may experience some minor pain. Administer **Paracetamol** according to weight and age of the patient and the directions on your particular brand of medication. **Gentle nose blowing** may commence 24 hours after surgery if necessary.
- **No bright bleeding is to be expected** from the nostrils. If any bright bleeding is seen, **call the contact number you have been given**. Some old, dark blood may be noticed, this is generally not an emergency.
- **Ear pain** is often associated with this surgery. Administration of **Paracetamol** as previously stated should help with this minor problem. Similarly, **throat pain** as a result of the anaesthetic tube may be experienced. This will pass after 24 hours; Paracetamol will also assist in relieving this pain.
- **A light diet** is advised on return home for the remainder of the day of the operation. **Normal diet** can be recommenced the next day.
- **Strenuous activity** should be avoided for the first 24 hours.
- **Return to participation** in activities, school or child care activities can recommence **1-2 days** following discharge from hospital.
- **Medical certificates** for patients and/or carers can be obtained by calling the rooms on 4737 3396.
- **Nepean Public Hospital patients** – **a follow up appointment** will be conducted at the outpatients clinic and Dr Para will indicate the time frame.
- **Westmead Private Hospital patients** - **a follow up appointment** has already been arranged. Please review your letter from the practice or check with our medical secretary on 4737 3396.