

Adenoid Surgery

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ENT North

General Information

- After an anaesthetic, it is common to feel groggy for up to 24 hours. Children are often quite disorientated for the first hour or so. Nausea +/- vomiting can also occur. Medication can be given if this is difficult to tolerate.
- Bad breath is very common for two – three weeks after the operation.
- Some people, especially younger children, may experience fluid or air 'refluxing' into the nose in the first few days. This usually settles by itself. Please contact your surgeon if this is severe, or continues for more than five days after the operation.

Eating and Drinking

A normal diet is encouraged as much as possible as you recover. There are no foods that will cause any damage to you/your child, and eating after adenoidectomy usually doesn't make pain worse.

It is very important that you drink plenty of fluid during recovery. Dehydration results in increased pain, risk of readmission to hospital, and bleeding.

Pain Relief/Antibiotics

Your surgeon will provide a script for pain relief, or instructions on what to buy from the chemist. Most people need nothing stronger than paracetamol. Typical types of pain relief include:

- Paracetamol (Panadol, Chemist's Own etc): use this regularly, with doses spread out evenly throughout the day. Make sure you use the dose appropriate for your/your child's weight, rather than purely based on age.
- Stronger pain relief: e.g. codeine, oxycodone. This may be prescribed as an additional medication, or in a pre-prepared mix with paracetamol (e.g. PainStop, Panadeine Forte). If using a combination medication, make sure you use it IN PLACE of paracetamol, rather than as well as this, to avoid overdosing.
- Anti-inflammatory medication (e.g. Nurofen): there is now good evidence that these are safe after adenoidectomy. Use a dose appropriate to your/your child's weight, up to three times a day. Nurofen etc can be safely given in combination with paracetamol, or as alternating doses each 2-3 hours.

If your surgeon prescribes antibiotics, oral steroids, or other medications, take them as directed.

Activities

- Rest up for the first few days after the operation. Gentle exercise (walking, gentle gardening etc) is fine if you feel well enough to do these.
- Avoid strenuous exercise (team sports, jogging, heavy weights etc) for two weeks after the operation, and be sensible when you recommence these.
- Children generally are quite sensible about increasing their activity as they recover from their operation, so be guided by their behaviour in terms of what they can do.

Return to School/Work

Most children and adults are ready to return to normal school/care/work after one week. Longer might be needed if another operation was done at the same time.

If Bleeding Occurs

- Sit up, spit out any blood, suck on some ice cubes/chips, put a cool cloth across the back of the neck.
- If this doesn't stop the bleeding, please contact your surgeon for further advice. If the bleeding is

heavy, or if you are worried about your safety, please call an Ambulance.

- Drs Amott and Yuen advise that, if possible, both adult and paediatric patients present to Austin Health in Heidelberg. They can care for you there, and have access to continuous back up from other ENT surgeons, the Emergency Department and Theatre, if those services are needed. The majority of other major metropolitan hospitals also have emergency ENT services.

When to Seek Medical Advice

- A fever of >38degrees.
- Any bleeding after discharge.
- Excessive sedation from pain relief tablets.
- Excessive pain, which doesn't respond to pain relief
- If you/your child can't drink enough fluid/eat enough to avoid dehydration.

Please call your surgeon for advice if any of the above occurs, or if you have any other concerns.

Follow-Up

- For routine adenoidectomy, please make an appointment about one month after your operation to see your surgeon.
- Your ENT Surgeon will make an appointment earlier than this if the surgery was being done for cancer or concern about this being present.
- Your surgeon may make this appointment for you after your operation. Please feel free to contact the rooms if the date, time or location is inconvenient, as it is usually easy to change.