

# Adenoid Surgery – After Surgery Care

## General Information

- After an anaesthetic, it is common to feel groggy for up to 24 hours. Children are often quite disoriented for the first hour or so. Nausea and vomiting can also occur. Medication can be given if this is difficult to tolerate.
- Bad breath is very common for two a 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 doctor 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 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 prescription 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 evenly throughout the day. Make sure you use the dose appropriate for your/your child's weight, rather than purely based on age.
- Anti-inflammatory medication (e.g. ibuprofen): Use a dose appropriate to your/your child's weight, up to three times/day. Ibuprofen can be safely given in combination with paracetamol, or as an alternating dose (e.g. paracetamol at 7am, ibuprofen at 10am, paracetamol at midday etc).
- 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.
- 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.

Northern Health

185 Cooper Street, Epping 3076  
35 Johnstone St, Broadmeadows 3047

### **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, return to your closest Emergency Department for ENT assessment. If the bleeding is heavy, or if you are worried about your safety to drive, please call an Ambulance.
- **Please note that The Northern Hospital does NOT have a permanent ENT doctor present on site. Please do NOT return to our Emergency Department if you are actively bleeding, as we will need to transfer you elsewhere for care. Suitable alternatives include The Austin Hospital, Sunshine Hospital or Royal Children's Hospital (children only).**

### **When to Seek Medical Advice**

- A fever of >38 degrees.
- 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.

### **Follow-Up**

- We ask most patients to make an appointment with your family doctor about one month after surgery to make sure you've healed and the problem the operation was designed to treat has resolved. Please ask them to refer you back to us if it hasn't, or call our outpatient department (below) and ask for the nurse managing the ENT clinic to discuss whether you need another appointment or not.
- In a limited number of cases, your ENT doctor will ask you to come back for an appointment (e.g. if you had a biopsy taken as part of your surgery). Your nurse should be able to clarify if this is the case before you are discharged.

### **Contact Details:**

Northern Hospital Children's Ward: (03) 8405 8415

Northern Hospital Day Surgical Centre (adults): (03) 8405 8501

Northern Hospital Outpatient Department: (03) 8405 8335

Medical Advice (for emergencies only, please):

- Mon-Fri 8am-4pm: (03) 8405 8000, ask for the 'ENT Registrar On Call'
- After hours: Austin Health (03) 9496 5000, ask for the 'ENT Registrar On Call'

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**Tel: 03 8405 8000**

**[www.nh.org.au](http://www.nh.org.au)**