

Adenoidectomy

Discharge Advice

Discharge Advice following Adenoidectomy

Daily Activities

After the surgery, it is important to rest and avoid any exertion or heavy lifting which could result in bleeding. You / your child will need to take 1 week off work or school. During this time it's important to stay away from crowded places to prevent picking up infections from other people before the nose has healed. It is also important to avoid smoky or dusty environments to prevent post-operative infections, and not to blow the nose as this can lead to bleeding. For the first 2 weeks after the surgery it is recommended to avoid hot and steaming food / drinks and hot baths / showers, as the heat from the steam could cause the nose to start bleeding. Cooler temperatures are acceptable.

Pain

It is normal to have some pain and discomfort following the surgery. Simple painkillers such as paracetamol and ibuprofen are suitable and your nurse will go through this with you prior to discharge. After the surgery, the nose may be blocked due to swelling, but this should settle in a couple of weeks. This can be associated with nasal sounding speech, or nasal regurgitation of fluids which should also improve.

Bleeding

If you / your child starts bleeding from the nose or into the throat, simple measures include sucking on ice cubes or pinching the tip of the nose. However, if there is on-going fresh bleeding it is advisable to go straight to your nearest A&E Department. An overnight admission for observation may be required, and very occasionally a further operation may be necessary in order to stop the bleeding.

Follow up:

You will be advised if a follow up appointment is required by your surgeon.

EMERGENCY DISCHARGE INFORMATION

Should you require urgent advice you should contact

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the ENT Treatment room on 01633 234018

After 17:00/overnight (adults): Ward C0 01633 493926 or 01633 493922

After 17:00/overnight (children): Ward C1 01633493609

In the event of an emergency, attend your closest Accident & Emergency department

**"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg"**