

Adenoidectomy

Discharge Date

Post Op Appointment

Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The recovery from adenoidectomy is usually uneventful. Snoring is often better immediately but continues to improve till the 2 week mark as swelling settles down.

It is normal for your child to be:

- unsettled and irritable for the first 48hrs after the anaesthetic, occasionally with a low grade fever.
- mildly sore in the throat for 3-5days

Time Off

I recommend planning for 3 days off school or daycare.

Diet

It is important to keep your child well hydrated. A normal diet is safe although in the first few days softer foods are more pleasant.

Post Op Medications

I advise regular paracetamol or ibuprofen (nurofen) which you can purchase over the counter from the chemist. These medications are unrelated to each other and can safely be given together if needed.

Post Op Appointment

I will arrange to see you and your child approximately 1month post operatively. This may be a Telehealth appointment - or sometimes in person if the procedure was combined with grommets or nasal cautery.

Post Op Problems

Infection of the Adenoid bed is uncommon. A fever in the first few days following surgery is usually nothing to be concerned about if your child is otherwise well, and is typically self limiting and related to the anaesthetic. Adenoid bed infection will present from 3-7days post operatively and be characterised by increasing pain, foul breath, fevers and a stiff neck. If you are concerned please contact me or attend your GP. I would advise augmentin (an antibiotic) if mild, and rarely re-admission to hospital if severe.

VPI - Velopalatal Incompetence

After removing a large adenoid, the soft palate can take a few weeks to adjust to all the space behind it. Some kids will get some temporary leakage of fluids out of their nose when they swallow and some voice change that we call "hyponasal" speech. This always settles with time.

Bleeding is usually minor and self limiting after adenoidectomy. It is normal to have a small amount of blood from the nose or a vomit with blood in it during the first few hours after the procedure while still in hospital.

After going home there should be no active bleeding. Some specks, streaks or small clots in the saliva/nasal mucous can be managed at home with sucking on ice.

Any ongoing, active or fresh bleeding needs to be reported to me by either:

- 1) In hours call me via my office 52218490.
- 2) After hours call me on my mobile 0425746617. If concerned I may direct you to attend the SJOG Emergency dept (now open 24hrs).
- 3) **If you are unable to get in contact with me please attend the Geelong Hospital Emergency Department** as there is always an ENT registrar available and an ENT surgeon on call. I do not work at the Epworth so please do not present there.
OR
- 4) call an ambulance on 000.

If active bleeding occurs I tend to observe your child in hospital overnight where there is 24hr access to the operating theatre and ward staff readily available to deal with the problem.

