ENT CARE SYDNEY

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ADULT AND PAEDIATRIC ENT
HEARING AND BALANCE SPECIALIST

Dr Payal Mukherjee

MBBS, FRACS (ORLHNS), MS (USyd)

POST OPERATIVE PROTOCOL
OPERATION: ADENOIDECTOMY

- PAIN - Adenoidectomy is not particularly painful. Children may complain of throat or ear pain and may require pain relief. Your doctor will advise which analgesia is best for you/your child

o   Panadol can be taken every 4-6 hours up to 4 times a day.
o   Painstop (Panadol or codeine maybe given) if your child doesn't have a history of Obstructive sleep Apnoea
o   Oxynorm may also be taken in addition to Panadol but may cause constipation.

- BLEEDING: Bleeding is possible up to about a week after the operation. It is extremely uncommon but may present as bleeding from the nose or the mouth. Should this occur more than 5-10minutes at a time, we recommend you notify us and present to emergency.

- BAD SMELL: Sometimes there maybe a bad smell coming from the nose. This is normal and due to the slough at the operative site and old blood in the nose. Using FESS nasal spray will alleviate this symptom.

- FATIGUE – Your child may feel fatigue following general anaesthetic. Children may need one week off school following adenoidectomy.

- NAUSEA & VOMITING – Please notify the anaesthetist if you or an immediate family member have experienced significant anaesthetic- related nausea and vomiting in the past.

- Very rarely there maybe regurgitation of food and/or water from the nose in the postoperative period. This is because the palate may is not closing against the nose. This will in majority of cases resolve on its own as the tissues heal. However please notify your surgeon if this should occur

- You will need to see your surgeon 4-6 weeks after surgery.

Please call the rooms if you have any questions after surgery