

# Adenoidectomy discharge advice

## Bleeding

Observe for any fresh bleeding (bright red blood) from the nose or mouth. Seek medical advice immediately if bleeding occurs.

Due to the risk of bleeding:

- a child **under 12 months** is not to travel out of the metropolitan area for **48 hours** after the operation
- a child **over 12 months** is not to travel out of the metropolitan area for **24 hours** after the operation.

## Pain management

- Give either paracetamol (Panadol) or ibuprofen (Nurofen) for pain if required, as per manufacturer's instructions.
- Next dose of paracetamol can be given at \_\_\_\_\_.
- Next dose of ibuprofen can be given at \_\_\_\_\_.
- Do not give any medicine with paracetamol in it more than four times in 24 hours.
- Do not give any medicine with ibuprofen in it (e.g. Nurofen) more than three times in 24 hours.
- Do not give Aspirin, Disprin or other products containing aspirin.

## Care at home

- Do not blow the nose for seven days, wipe gently instead.
- Your child may experience bad breath. This is normal and should be gone within 10 to 14 days. Use mouth wash to manage bad breath.
- If your child develops a fever please see your family doctor.
- Your child can resume a normal diet and fluids.

## Daily activities

- Your child should not play sport or attend school for seven days after their surgery.
- Your child should not go swimming due to the risk of infection for two weeks after their surgery.

## Food and drink

- When your child is tolerating clear fluids, gradually increase the amount.
- When your child is hungry, a light diet is suggested. Avoid greasy or fried foods.
- A normal diet can be resumed the day after your child's surgery.



## Vomiting

- If your child vomits, give no food or liquid for half an hour, then start sips of clear fluids. Gradually increase the amount being given when your child is no longer vomiting.
- Seek medical advice if vomiting continues.

## Directions

- Seek medical advice if your child has problems passing urine.
- A responsible adult must stay with the child for at least the first 24 hours after their surgery.

## Advice following an anaesthetic

### Food and Drink

- When your child is tolerating clear fluids, gradually increase the amount they are being given.
- When your child is hungry, a light diet is recommended. Avoid greasy or fatty foods.
- A normal diet can be resumed the day after a procedure.

## Vomiting

- If your child vomits, give nothing for half an hour, then start sips of clear fluids. Gradually increase the amount being given when your child is tolerating fluids.
- Seek medical advice if vomiting continues.

## Directions

- Seek medical advice if your child has problems passing urine.
- A responsible adult must stay with the child for at least the first 24 hours after a procedure.

## Contact Details

If you have any concerns after your child's discharge from hospital, please phone 6456 2222 and ask for the Surgical Short Stay Unit between 7am and 9pm, Monday to Friday. After these hours ask for Ward 4B or contact your GP.

**This document can be made available in alternative formats on request for a person with a disability.**

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Child and Adolescent Health Service



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