

ADENOIDECTOMY, TURBINATE CAUTERY / REDUCTION POST OPERATIVE INSTRUCTIONS

Leaving the hospital

1. Please ring our office and arrange a post operative visit approximately 6 to 8 weeks after surgery.
2. Any medication you are prescribed, should be taken as directed on the bottle. Typically, you will be prescribed Amoxil (or an alternative if you or your child is allergic) and pain medication (such as panadol).
3. There are no dietary restrictions after an adenoidectomy, although after a general anaesthetic it may be best to start with clear liquids for a few hours.
4. Remember to take a vomit bag for the car trip home as the car motion often triggers nausea and sometimes vomiting.
5. If your child has had "Turbinate Surgery" you may be given a prescription for Nasonex Nasal Spray. This needs to be started 2 days after the surgery (one puff in each nostril at night) for 2 months until the post op review.

Precautions after the operation

1. Your child can gently blow their nose 48 hours after the operation.
2. Try and avoid catching a cold. Don't share utensils with any sick member of the family or friends and don't kiss anyone who is sick. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way.
3. Expect your child to have a certain amount of discomfort after the surgery, but this is usually well controlled by panadol. The pain usually lasts for 3 to 4 days.
4. Always carry a vomit bag in case the car motion gives you some travel sickness.
5. Your child should not perform any heavy lifting (more than 5 kilograms) or vigorous physical activity (including any sports) for three weeks after surgery.
6. Some nose bleeding is expected after the surgery for up to 14 days. To control this bleeding, your child should sit up, bend the head forward and

pinch the nose closed with thumb and forefinger. Holding this position for 10 minutes whilst watching the clock will settle most bleeding down. If the bleeding does not stop with this method then please contact us.

7. Expect nasal congestion and blockage for up to 3 weeks after the surgery. Use FESS or FLO nasal spray to help with the congestion (both available over the counter at your chemist).

Managing your child's pain

- Paracetamol (panadol / dymadon) available over the counter from the chemist are usually all that is required.
- Pain from adenoidectomy/ turbinate surgery usually settles within 3 to 4 days.
- If these measures are not controlling your pain then contact your anaesthetist or us at the office.

Nausea and Vomiting

While nausea and vomiting after adenoid surgery is common, it is not usually severe or long lasting. If you find your child has persistent nausea and vomiting then contact your anaesthetist.