

Post-operative information **Adenoidectomy**

WHAT TO EXPECT

Drainage: It is not uncommon to experience a blood stained discharge for several days after surgery, but large volume fresh blood is a concern. If this occurs, suck on ice. If the bleeding lasts for longer than 5-10 minutes seek urgent medical attention.

Some patients may have a smelly nasal discharge for up to 2 weeks after surgery, usually due to the cautery used. Oral antibiotics are usually prescribed to settle this down.

Pain: Regular paracetamol is usually only required for the first few days after surgery. Occasional doses of Nurofen can be used if the paracetamol is not covering the pain.

Diet: Encourage normal eating and drinking as much as possible

Activity: Patients can resume normal activities and return to work/school within a few days after surgery. Avoid sports, strenuous activity, heavy lifting for 1 week

Snoring: Loud noise breathing can persist for the first few days after surgery before settling down

MEDICATIONS

Oral antibiotics may be prescribed after surgery. We recommend taking them as directed by Dr Psaltis. Salt water sprays or washes may also be prescribed if deemed necessary.

FOLLOW UP

- Dr Psaltis will normally review you at 6 weeks after surgery

USEFUL CONTACTS

- The Memorial Hospital (08) 8366 3800
- Calvary North Adelaide Hospital (08) 8239 9100
- Calvary Adelaide (08) 8227 7000
- Prof Psaltis Rooms (08) 8410 6611 / manager@entadelaide.com