

DR JAMES BOWMAN

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POST OPERATIVE INSTRUCTIONS FOR ADENOIDECTOMY

PAIN RELIEF

Pain can be managed with Panadol. Aspirin and Anti-inflammatory medication (e.g. Nurofen, Brufen, Voltaren) should be avoided as it may cause bleeding. "Pain Stop" can be obtained from pharmacies and may be given if Panadol is insufficient in children.

DIET

Patients can eat a normal diet following adenoidectomy.

BLEEDING

Bleeding can occur at any stage for 1 week following surgery, it is advisable to remain close to emergency care. If bleeding occurs, contact Dr Bowman as soon as possible on 3831 4447 or call the After Hours service on 0499 330 021. If severe bleeding occurs you should present to the local emergency department.

COMPLICATIONS

It is not unusual to experience some throat soreness after the operation. It is also quite common to get some discharge from the nose for up to a week.

Antibiotics may be given post-operatively and Dr Bowman will advise if these are necessary prior to your discharge from hospital.

Bad breath is quite common after adenoidectomy and usually disappears by 14 days after the surgery.

It is common for snoring to increase for approximately one week, and then reduce.

ACTIVITY

Patients should rest for 24-48 hours and then introduce activity as tolerated. Children may return to school after 7 days. Heavy physical activity (running, gym work, contact sports) is not advised for the first 7 days.

OUT OF HOURS EMERGENCY CONTACT

If you have any concerns please do not hesitate to contact Dr Bowman's office on 3163 3633.

If after hours, should you require URGENT attention following discharge from hospital, depending on the nature of the emergency, either:

- 1) Call an ambulance on 000**
- 2) Call the ENT On Call Service on 0499 330 021**