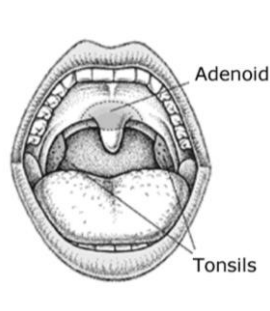


## Children's Services

# Adenoidectomy: Parent/Carer Discharge Information

This leaflet contains advice and information about what to expect when your child leaves hospital following this procedure.



### **Nutrition**

Your child may eat and drink as normal after surgery

### **Mobility**

Your child should rest for a few days after surgery. In order to reduce the risk of infection avoid crowded places such as parties and the cinema for one week

### **Bathing**

Your child may bath as normal after surgery

### **Return to school**

Your child will need one week off school after surgery. This is to allow the wound to heal and prevent infection.



## Patient Information

### Wound care

- Do not allow your child to blow their nose at all for the first week after surgery. Allow gentle blowing for ten days following this
- Earache and bad breath are common for a few days after surgery and are just part of the healing process
- Your child may snore and have nasal stuffiness for several weeks until the swelling settles
- Your child's voice may sound different for a few weeks, this is normal and will get better
- Keep fingers out of the nose for one week

### Medication

You will be given pain killers to take home with you. This will be paediatric paracetamol and/or Ibuprofen syrup and full instructions will be given by the nurse on the unit. Please do not exceed the manufacturer's recommended dose.

### Bleeding

If there is any bleeding from the nose, contact the Children's Emergency Department (CED) on **024 7696 6934** or go to your nearest Accident and Emergency department. Whilst waiting for advice, put some ice (or frozen peas) in a pillow case and hold on the bridge of the nose. This may stop the bleeding.

### Follow-up appointment

If you need a follow up appointment in the Out-patients Department this will be sent to your home address, or alternatively you may be asked to see your own GP. You will be informed which applies to you before you leave the ward.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

The Trust operates a smoke free policy

## Patient Information

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### **Document History**

Department:	Paediatrics
Contact:	26850
Updated:	June 2021
Review:	June 2023
Version:	4.2
Reference:	HIC/LFT/1678/13