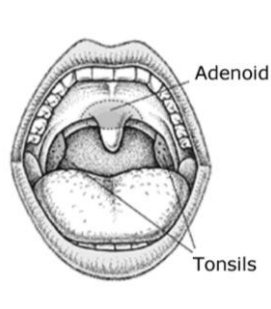


Paediatrics

Adenoidectomy: Patient Discharge Information

This leaflet contains advice and information about what to expect when you leave hospital following this procedure.



Nutrition

You can eat and drink as normal after surgery

Mobility

You may feel a little tired for a few days, so it is important that you rest. You must stay away from crowded places such parties and the cinema for a week to avoid getting an infection.

Bathing

You can bath or shower as normal after surgery

Return to school

You must stay away from school for one week to allow the wound to heal and to prevent picking up an infection.



Patient Information

Wound care

- Do not blow your nose at all for the first week after your operation, and then only gentle blowing for another week as you could make it bleed.
- You might have earache and bad breath for a few days after surgery; this is normal.
- You may still snore and feel a bit snuffly for a few weeks until the swelling goes down.
- Your voice may sound a bit different for a few weeks. This is normal and will get better.
- Keep your fingers out of your nose for one week.

Medication

If your ears or nose hurt tell your parent or carer and they can give you some medicine to make you feel better.

Bleeding

Sometimes you may have a little bit of bleeding from your nose, you must tell your parent or carer so they can phone the hospital. It is a good idea to put some ice in a pillowcase and rest it on your nose which might help to 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 as to 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

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