

Post-operative advice after Adenoidectomy

Pain relief

Adenoidectomy is not usually painful but can cause an uncomfortable feeling or itch in the back of the nose. Simple analgesia such as panadol or nurofen is usually sufficient for a few days after the procedure. Antibiotics are also often prescribed.

Diet

There are no special restrictions on what to eat or drink. A full normal diet is ideal.

Will my child's snoring disappear immediately?

After the procedure the tissues in the back of the nose may swell for a few days or even a week or two. This will make the nose sound blocked and snoring may continue during this time. Once the swelling has disappeared, there should be a noticeable improvement in snoring.

My child has bad breath and a runny nose - is this an infection?

It is normal for children to have bad breath for a few days after the procedure. This is due to inflammation at the back of the nose. Nasal discharge can be yellow or green for a few days and is also common after adenoid removal. If this is occurring in the presence of a high fever or general unwellness, it is important to let Mr. Cook know.

Bleeding

There is very small risk of bleeding after adenoidectomy. It may occur any time in the first fortnight after surgery but is most common in the first few days. Most bleeding settles on its own with sucking on an icypole or icecube but if there is any concern whatsoever, please phone Mr Cook's office.

Any persistent or large amount of blood (you would notice fresh bleeding from the nose or mouth, or the vomiting of blood) requires urgent review and an Ambulance may need to be called.

Do adenoids grow back?

It is very uncommon for children to need a second procedure to fully clear the adenoids from the back of the nose. During routine adenoidectomy the vast majority of tissue is removed but there will always be a small remnant that needs to be left behind, particularly near the Eustachian tube openings. This remnant can very rarely grow and cause new symptoms a few years after the first procedure.

Sick Leave

Two or three days off crèche or school is advisable after adenoidectomy. Some children take a little longer to fully recover.

Follow-Up

Your first post operative visit is usually arranged for you at about 3 weeks after the operation. Please contact the office if you need to change it.