

## **Adenoidectomy Surgery**

### **Post-operative Instructions:**

1. Normal diet can be resumed as tolerated.
2. Adenoidectomy is not usually painful, some over-the-counter analgesia may be required for the first few days and a mild neck ache may be experienced.
3. Take any antibiotics if prescribed following surgery.
4. Avoid exertion for the first 48 hours.

### **What to Expect:**

1. There may be some thin bloody ooze from the nose for the first 2 days.
2. Occasionally there is a nasal change to the voice which is temporary following the removal of particularly large adenoids. Thin fluids when drunk can run from the nose temporarily in this scenario and settles over a week or so.
3. Temporary bad breath can result from the use of diathermy to control bleeding from the adenoid bed and will resolve.

### **Contact the rooms or Mr Walsh if:**

1. There is a sudden flow of fresh blood from the nose or mouth.
2. The neck becomes stiff or sore.
3. There is any adverse reaction to prescribed medication