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## Adenoid Surgery

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### Leaving the hospital:

1. If you have not already been given a postoperative appointment, please ring our office and arrange a visit for approximately 6 weeks after surgery.
2. Any medication you are prescribed, should be taken as directed on the bottle. Typically you will only need to take simple pain relief.
3. There are no dietary restrictions, although after a general anaesthetic it may be best to start with clear liquids.

### Precautions:

1. GENTLE nose blowing is OK 48 hours after surgery.
2. DO NOT take any unnecessary chance of catching a cold. Avoid undue exposure or fatigue. Should you catch a cold, treat it in your usual way.
3. You may anticipate a certain amount of discomfort after the surgery, but this is typically well controlled by pain tablets.
4. DO NOT plan to drive a car home from the hospital. Someone should drive you home.
5. You should not perform any heavy lifting (more than 5 kilograms) or vigorous physical activity for two weeks after surgery.
6. Some nose bleeding is expected after the surgery. To control this bleeding, sit up, bend the head forward and pinch the nose closed with thumb and forefinger. Holding this position for 10 minutes by the clock will settle most bleeding down. If the bleeding does not stop with this method then please contact your doctor. if the bleeding does not stop.

### Pain Management:

1. Paracetamol (Panadol) is usually all that is required.
2. Pain usually settles within 3 to 4 days.
3. If these measures are not controlling your pain then contact your anaesthetist or us at the rooms.

### Nausea and Vomiting:

While it is not uncommon to get some nausea and or vomiting after adenoid surgery it is not usually severe or long lasting.

If you find you have persistent nausea and vomiting then contact your anaesthetist or the rooms.