

Adenoidectomy (with or without turbinate reduction surgery)

When you wake up you will have a gauze under the nose and if turbinate reduction has been performed there may be some cream or fluffy white dressings inside the nose. You will be able to eat and drink after a short while and will be allowed home after a few hours.

Pain relief: Adenoidectomy with or without turbinate reduction generally only requires simple analgesia (paracetamol and/or ibuprofen) as needed for a few days. Most children will complain of sore throat for a few days or even have a low grade temperature. This is normal.

Diet: Eating and drinking as normal is encouraged - there are no dietary restrictions.

Bad breath: Some smelly odor/bad breath is quite common in the first 1-2 weeks post-surgery which will settle with time.

Bleeding: Some mild intermittent ooze or blood stained sputum is normal for the first 1-2 weeks.

Blocked nose/snoring: In the recovery phase (1-2 weeks) there may be persistent blocked nose and snoring due to the swelling from the surgery. Nasal saline sprays and/or nasal ointment may be prescribed by the surgeon to help prevent blockage and crusting.

Nasal dressings: If turbinate reduction has been performed there may be some soft dissolvable dressings in the nose. You will be advised to use saline sprays (for little kids) and sometimes saline rinses for the older patient in order to dissolve the dressings in the nose. It is normal for them to fall out after a few days, occasionally in the first day or two after surgery. This is OK.

Return to normal activity: Most children can return to normal activities including school/ childcare 2-3 days after surgery but strenuous activities such as sports or swimming should be avoided for 7-10 days

When to contact your surgeon:

In the setting of high fever (>38.5 degrees)
Continuous bleeding from the nose or throat