

ADENOIDECTOMY (Child)

Discharge Advice

Patient information - Otolaryngology (Ear, Nose & Throat) Dept.

What are adenoids?

The adenoids are lymph tissue (like tonsils) found in the back of the nose. They help the body to fight infections. Sometimes adenoids may become enlarged and cause difficulty with breathing through the nose. Enlarged adenoids may also contribute to ear infections.



They are removed through the mouth under a short general anaesthetic.

Eating and drinking

Eating and drinking is to be encouraged.

Activity

Your child should be off school for 2-5 days with adult supervision. They should avoid strenuous activity.

Pain relief

Throat pain is usually mild and pain relief is rarely needed.

Paracetamol may be used regularly 4-6 hourly for the first 24 hours and then as required. Do not exceed the recommended dose.

Do not use Aspirin or Disprin for pain relief as these can cause bleeding. Many medications contain Aspirin. Please check with your pharmacist.

Follow Up

We will advise you if follow-up is required. If you have problems in the early postoperative period, please phone ORL outpatients for an appointment (03 364-0990). Otherwise, contact your GP for advice.

Complications

Vomiting old blood (dark red) 1 – 2 times in the first 24 hours after surgery is not usually a cause for concern. If you are concerned, please contact us.

If your child experiences any of the following:

Vomiting or spitting fresh blood (bright red) or an awareness of blood trickling down the back of the throat.

Nose bleed lasting longer than five minutes (despite using a cold wet flannel and icepack on the nose).

Please seek medical advice:

- from your GP
- through the contact details on the back of this pamphlet.

Severe bleeding is a rare event. If it happens, call an ambulance.

Contact Details

Christchurch Hospital

ORL (ENT) Outpatient Department

Telephone: 364 0985

Hours: Monday–Friday 8.00 am–5.00 pm

Ward 21 (Children’s Ward)

Telephone: 364 0640 Extension: 89210

Day Surgery Unit

Telephone: 364 4034

Hours: Monday–Friday, 7.00 am–7.00 pm

1st floor Christchurch Women’s Hospital

Emergency Department

Telephone: 364 0270

Ask for the ENT Registrar to be told you are coming. Bring the discharge letter with you.

St Johns Ambulance Dial 111

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high quality ORL services to
the people of
Canterbury and beyond.**

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz