

Following your child's Adenoidectomy

Information for parents



This information leaflet has been prepared to help you care for your child at home, However, recovery times will vary between individual children.

Following these guidelines will help reduce the risk of any bleeding and infection for your child and hopefully ensure a trouble free recovery.

For the first 10 days following surgery your child should be in the care of a responsible adult as bleeding may occur.

A follow-up appointment is not usually necessary unless your child has also had grommets inserted.

Frequently asked questions

Does my child need rest?

To reduce the risk of bleeding we suggest your child rests for the next 2 - 3 days.

- General anaesthetics can wear off slowly, making children feel dizzy
- Please watch your child carefully for the first 24 hours at home and do not let him/her climb stairs alone
- After 2 - 3 days resting he/she should feel able, gradually, to return to normal activity
- Your child will be more comfortable in a smoke free room

What can my child eat and drink?

Children should eat their normal diet, but food and drink should not be too hot.

Encourage your child to have frequent drinks.

When can my child blow his/her nose?

To prevent bleeding we suggest your child does not blow his or her nose for 3 - 4 days.

You could encourage your child to breathe through the nose once completely better.

For how long will my child have discomfort and how should I deal with it?

Your child may feel some mild discomfort for between 1 - 3 days.

We suggest your child may need paracetamol (Calpol) up to four times daily for the first two days, even if he/she appears to have no pain. This should prevent a raised temperature. Give the doses about 4 - 6 hours apart.

Further supplies may be obtained from any chemist and most supermarkets.

REMEMBER! NEVER EXCEED THE STATED DOSE

Can my child have friends to play?

During the few days after the operation your child has an increased risk of picking up infection.

Therefore, apart from the immediate family, it is perhaps best not to have a lot of visitors, especially children, and to avoid crowded places.

When can my child return to school?

Most children feel well enough to return to school after 10 days when the risk of bleeding has passed.

Can my child play sports?

To prevent bleeding, football, contact sports, games, PE, dancing, newspaper rounds, etc are best avoided for two weeks.

IF IN DOUBT – ASK!

Problems which may occur

Nose bleed

Excess bleeding from the nose always requires medical attention.

Small amounts of blood stained secretions does not require immediate attention. Observe and seek medical advice if this continues.

For nose bleeds following adenoidectomy, sit your child up, apply ice to the nose and keep rested and quiet.

Contact your GP or A&E immediately. If your GP is unable to visit contact A&E as your child may require re-admission to hospital.

Raised temperature

This often occurs within the first 48 hours following adenoidectomy. Remove outer clothing.

Continue to give Paracetamol four times daily. Encourage your child to rest and give plenty to drink.

Vomiting

Vomiting may occur following a general anaesthetic and could cause your child to stay in hospital a few hours longer.

If vomiting occurs at home give your child only small amounts of weak juice/water to drink until the sickness settles.

Please seek medical advice if vomiting continues.

Infection

If your child develops a cough or a cold and feels warm it is possible they may have an infection. Contact your GP within 24 hours as treatment may be necessary. If this is within the first five days a home visit, could be requested.

Voice changes

Your child's voice may appear more nasal or high pitched for up to six weeks but should return to normal.

If you have any concerns, please contact the ward on:

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