

Adenoidectomy +/- grommets

Useful guidelines for your child's recovery at home

Diet and fluids

- Soft, easily swallowed food is recommended following surgery
- Your child may eat a normal diet the next day

Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids. If your child continues to vomit, please contact your family doctor or contact your nearest emergency department.

Activity

- Your child should remain at home, mainly resting, for the next few days, and then gradually resume normal activities
- Avoid strenuous activity or exercise until after review by your surgeon as it takes three weeks before healing is complete

Bleeding

It is common for a child to have some blood-stained discharge and a blocked nose for 3-4 days.

- Gently wipe your child's nose
- They should not sniff or blow their nose unless the surgeon says its ok
- There is a small risk of bleeding after surgery. A small amount of bleeding is normal, however if it persists to approximately a teaspoonful or more, encourage your child to suck ice or an icy pole. If it still does not stop, take them to your nearest emergency department.

Hygiene

After an adenoidectomy, your child should continue to brush their teeth as normal.

Discomfort

Your child may experience some discomfort or an ear ache for two to three days. This pain can be eased with paracetamol.

Medications

- If your surgeon has prescribed antibiotics, take them as directed. Your child should not stop taking them just because they feel better. It is important that they take the full course of antibiotics.

- Give your child pain relief as directed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Ibuprofen is usually avoided post-operatively, however be directed by your surgeon
- Do not give aspirin
- If ear drops have been prescribed, administer as directed
- If your surgeon has prescribed any other medication administer as directed

Care after the insertion of grommets

- Avoid getting water into the ear. Cover the ear with 'blu-tack' or cotton wool smeared with petroleum jelly if showering or washing hair
- Swimming is not permitted until after the review by your surgeon
- It is common for children to have a small amount of clear, pink or yellowish-brown drainage for two or three days after surgery

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent fresh bleeding from the nose or mouth
- A bout of vomiting (more than three or four times)
- More than one teaspoonful of fresh bright blood in their vomit

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.

Cabrini Malvern Paediatric Ward
183 Wattletree Road, Malvern VIC 3144
03 9508 1378

Cabrini Brighton Paediatric Ward
243 New Street, Brighton VIC 3186
03 9508 5690

