



**POST OPERATIVE INSTRUCTIONS for
MR DAYAN CHANDRASEKARA**

ADENOIDECTOMY, TURBINATE PROCEDURE

Pain Relief:

- Please give pain killers as directed – usually Panadol/nurofen is adequate, give heavier pain killers if required
- Usually adenoidectomy by itself is not painful, but some children can develop soreness over the first 5-7 days after surgery
- Turbinate procedures are also not that painful, but can cause some nasal congestion in the first 10-14 days; salt water sprays (eg Fess/Flo) can help with this
- Avoid aspirin for 2 weeks after surgery
- Ear pain is not uncommon and due to referred pain from adenoidectomy
- Please ensure you do not exceed the maximum daily dose of each medication.

Diet:

- Your child can eat and drink whatever they like and whatever feels comfortable.
- Try and remember to keep their fluid and fibre intake up to keep hydrated and avoid constipation

Warning Signs:

- Please notify any ongoing bleeding that does not stop; small spots/streaks of blood are common and not a concern, and blood-stained mucus is normal after the procedure for 5-7 days
- In the event of a large (greater than half a cup) sudden bleed, call an ambulance immediately and go to your closest emergency department
- Fever greater than 38.5
- Inability to tolerate any oral intake – this can result in dehydration and in rare instances can result in readmission to hospital for intravenous fluids
- For any of the above or anything you feel is not right or concerning, contact me using details below

Other Things to Expect:

- Nausea is common in the first 24 hours and usually related to the general anaesthetic
- Ongoing nausea after this is uncommon, but could be a sign of reaction to the pain killers
- Smelly breath is common and often mistaken for infection; this will usually resolve within 2-3 weeks of surgery, antibiotics are usually not required unless there is a high fever;
- A follow up appointment should be made 2-4 weeks after surgery

Restrictions During the Recovery Period:

- If your child feels well enough, then can return to school in 5 days or so
- Avoid flying or travelling to remote parts of Australia for 1 week after surgery
- avoid exercise, strenuous activity or anything else that raises the blood pressure within 1 week of surgery, or for 2 weeks if turbinate surgery has been performed; children should generally be doing gentle indoor activities

Contact Details:

- Office hours (9am to 5pm) TEL 03 9817 4366
- After hours call the hospital ward you were admitted to and they will contact me
 - St Vincent's Private Hospital East Melbourne TEL 03 9928 6555
 - Paediatric Ward – 3rd Floor East Melbourne
 - Adult Ward – 4th Floor East Melbourne
 - Warringal Private Hospital Heidelberg all wards TEL 03 9251 6651
 - Epworth Eastern Hospital TEL 03 8807 7100
 - Surgical Ward - 6th Floor

If you cannot contact me after hours, please present to your closest Emergency Department immediately (particularly if there is ongoing bleeding as this needs to be attended to urgently)

The following Emergency Departments have 24 hour On-Call ENT Surgeons available:-

- Box Hill Hospital – 8 Arnold St, Box Hill (Adults and Children)
- Monash Medical Centre – 246 Clayton Rd, Clayton (Adults and Children)
- Austin Hospital – 145 Studley Rd, Heidelberg (Adults and Children)
- St Vincent's Hospital – 41 Victoria Pde, Fitzroy (Adults ONLY)
- Alfred Hospital – 55 Commercial Rd, Prahran (Adults ONLY)
- Royal Melbourne Hospital – 300 Grattan St, Parkville (Adults ONLY)
- Eye and Ear Hospital – 32 Gisborne St, East Melbourne (Adults and Children)
- Royal Children's Hospital – 50 Flemington Rd, Parkville (Children ONLY)