

**ADENOIDECTOMY POST OPERATIVE INSTRUCTIONS**

- Mild discomfort after your surgery is not uncommon
  - For pain relief: take Panadol or Panadeine Forte or Pain Stop as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding)
  - Non-steroidal anti-inflammatories (eg Brufen) can also be taken if the pain is very bad
- If there is bleeding from the nose or mouth then spray the nose with a nasal decongestant spray (Otrivine or Drixine)
  - If the bleeding does not quickly settle then call the rooms or go to your nearest major hospital Emergency Department to be assessed
- It is recommended that you/your child have 5 days off school or work and no sport or heavy lifting (more than a chair) for 2 weeks

**Follow Up**

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 3-4 weeks time

**Contact Numbers**

Dr Michael Elliott (rooms)                      02 8355 7940

Royal Prince Alfred Hospital                02 9515 6111