



Discharge information after Adenoidectomy



After care:

- **Take your prescribed painkillers regularly.** Do not wait for the pain to worsen.
- **Stop or cut down on smoking** – this allows better wound healing and reduces the risk of infection.
- **Eat and drink as normal** (not just soft food) as soon as possible to help healing. Drink plenty of water (2-3 litres per day).
- Do not worry if you also experience some earache – the nerve supply to adenoids and ears is connected.
- You may notice a more nasal sounding voice post-operatively, which should improve as you recover.
- You may notice some bad breath during the healing period. This can be normal, but antibiotics may be required in some circumstances.

If you have any bleeding, attend your nearest A&E urgently.

Things to avoid:

- You may need up to a week off work.
- Avoid contact with anyone with **coughs or colds** while you recover.
- Avoid **smoking and smoky environments**.
- Flying for 4 weeks.

Contact your GP, 111 or the surgical hub if you have:

- A fever
- Nausea/vomiting.
- Discharge from the ear, particularly pus/foul-smelling discharge.
- Pressure, redness or swelling in your ear.
- New or increased dizziness.

Attend A&E promptly if you have:

- Any bleeding.

Additional information:

https://www.entuk.org/patients/conditions/27/adenoid_surgery_update/



Contact numbers

If you have any concerns you can contact:

Suite 9 ENT Outpatients (Monday to Friday 9am-5pm): **02921 843177**

Surgical Hub (Monday to Friday 7am- 7pm): **02921 826510 or 02921 826348**