

## Dr Arjuna Ananda

MBBS FRACS

**EAR NOSE & THROAT SURGEON**

ABN: 64105357168

### Post-operative instructions following Adenoidectomy/Turbineotomy

**Pain:** Adenoidectomy is not particularly painful. Children may complain of throat or ear pain and may require pain relief. Your doctor will advise with analgesia is best for you/your child.

- Panadol (Paracetamol) can be taken every 4-6 hours up to 4 times a day.

**Bleeding:** Bleeding is possible up to about a week after the operation. It is extremely uncommon but may present as bleeding from the nose or the mouth. Should this occur more than 5-10 minutes at a time, we recommend you notify us and present to emergency. **Please go to Royal Prince Alfred Hospital.**

You will need to **avoid blowing or rubbing** your nose for the first 2 weeks, if you have to, blow your nose gently.

**Bad Smell:** Sometimes there maybe a bad smell coming from the nose. This is normal and due to the slough at the operative site and old blood in the nose. Using FESS nasal spray will alleviate this symptom. You may be recommended to wash out each nostril **using Flo Nasal Rinse** at least 4 times daily for the first week to eliminate any clots or mucous. You may reduce to 3 times daily until your post op appointment with the doctor.

**Fatigue:** You or your child may feel fatigue following general anaesthetic. Children may need one week off school following adenoidectomy/turbineotomy.

You will need to see your surgeon 4-6 weeks after surgery.

Please call the rooms if you have any questions after surgery.

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Head of Department, ENT Surgery RPAH  
Concord Repatriation Hospital  
Macquarie University Hospital  
Strathfield Private Hospital  
Sydney Day Surgery  
Chris O'Brien Lifehouse

Sub-speciality interests:

Sinus surgery  
Skull base surgery  
Sleep apnoea  
Rhinoplasty

