

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET_n@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Discharge advice

Adenoidectomy



Surgery for adenoidectomy is usually done as a day case admission to the ward, occasionally your child or young person may need to stay in overnight. The following information may help in care after surgery.

After surgery

A small number of children find their voice sounds different after having adenoids removed. This should settle after a few weeks.

Your child or young person may also complain of a blocked nose, again this will settle after a couple of weeks.

Pain relief

Your child may experience some pain after the operation. Give regular pain relief for the first few days. **Do not give more medicine than it says on the label – always follow the instructions on the bottle/packet label.**

Your child or young person last had pain relief at:

Paracetamol:

Ibuprofen:

Eating and drinking

Eating and drinking normal foods that need to be chewed will help the throat heal and ease the pain. This is because chewing food keeps muscles in the throat moving, which helps to reduce pain. Try to give a drink with meals too.

After surgery activities

Your child is more prone to getting throat infections after surgery. Your child should not go to school or nursery for up to seven days. Avoid large crowds of people and keep your child away from cigarette smoke. This will help in preventing your child from getting an infection which can cause bleeding.

When to get medical advice

Bleeding:

- Bleeding can be serious. If you notice any bleeding from your child's throat or nose you must take your child to your nearest Emergency Department to be checked out.
- If your child is sick (vomits) and you see blood, or their sick is black or brown, you must take your child to to your nearest Emergency Department be checked out.

Pain

If your child is in lots of pain which is not helped by paracetamol and ibuprofen contact your GP.

High temperature

If your child develops a high temperature contact your GP.

Eating and drinking

If your child is not drinking any fluid contact your GP.

