

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto: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**

Give regular pain killers for the first few days. Do not use more than it says on the label.

Your child or young person last had pain relief at:

Paracetamol .....

Ibuprofen .....

Eating and drinking will help any pain get better quicker. Chewing gum/sweets may also help with pain.

**After surgery activities**

Your child or young person will need to be off school for 10-14 days, avoid crowds of people and smoky places. Try to keep away from people with coughs or colds.

**Bleeding**

Bleeding can be very serious, if you notice any from your child's or young person's throat or nose you must see a doctor. Take your child to the nearest accident and Emergency Department to be checked out.

