

Advice after adenoidectomy



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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After the operation

Discomfort Once home, you may still have a sore throat. You may also have other symptoms, such as earache, or a stiff jaw. You may need painkillers in the days after the operation. Painkillers, such as paracetamol, will normally be suitable. Younger children may find it easier to take liquid, or soluble paracetamol. Make sure you always follow the dosage instructions on the packet.

Eating and drinking We suggest that you don't drink piping hot drinks/soup for 48 hours, but after this time you can eat a normal diet. You may want to take some painkillers about an hour or so before eating, as this may help to make it easier to eat and swallow food.

It is also very important that you drink plenty of fluids, so that you do not become dehydrated.

Mouthwashes/gargles Use a gentle mouthwash/gargle after meals for one week. Use a brand of your own choice or use a salt-water gargle (add a pinch of salt in a glass of warm water and gargle). Small children should drink a small glass of water instead of a gargle.

When can I return to work/school?

After an adenoidectomy, you will need to rest for several days, and will normally not be able to return to work/school for a week.

Try to keep away from smoky environments and from people with coughs or colds.

Is there anything I should look out for?

If you bleed more than 1/4 cup of blood from the nose or mouth, please see your GP straight away or go to your nearest Emergency Department.

Further advice

If you need further advice please contact:

Day Surgery Unit 01722 336262 ext: 4550 between 7.30am and 7pm.
Sarum Ward 01722 336262 ext: 2560 (Children)
Downton Ward 01722 336262 ext: 2182 (Adults)
After 7pm contact your GP or the NHS 111 service.

Day Surgery Unit
01722 336262 ext 4550