

27 February 2017

## POSTOPERATIVE INSTRUCTIONS FOLLOWING ADENOIDECTOMY

*Dear Patient/Carer:*

*Please read this document carefully as it contains important information that complements the instructions given by Mr Hurtado during your recent surgical admission.*

### **Medications:**

You should receive prescribed analgesics before you leave the hospital. The ward nurses will explain to you how to use these products before you are discharged. Please follow the medication instructions carefully and consult your healthcare professional if you have any questions about them.

Wait 2 weeks from your surgery before restarting the intake of fish or krill oil. Please ask Mr Hurtado when to restart any other blood thinner drug (ie, Aspirin, Warfarin, etc.).

### **What to expect**

It is expected to experience throat discomfort and probably ear pain. These symptoms may aggravate 3 to 5 days after the surgery. You may use lozenges with local anaesthetic 15 minutes before each meal if required. Bad breath is also common and will be temporary. Please continue to brush your teeth and mouth rinsing as usual, but also gargle with mouth-wash.

### **Attend your nearest Emergency Department or local GP clinic**

In case of bleeding, fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado would be keen to provide advice to your doctor if required.

### **Diet and physical activity considerations**

#### *During the first week:*

The use of soft diet may be required during this period. This includes soups, mashed vegetables, yoghurt, jelly and ice cream. Normal diet may restart as soon as throat discomfort is no longer present.

#### *During the first two weeks:*

Have relative rest and avoid lifting heavy objects. Avoid bending over. If you need to pick up objects from the floor, do so by bending your knees and keeping your head up if possible.

#### *After two weeks:*

You (/your child) may now restart all previous levels of physical exercise (including sports). During this period, Mr Hurtado recommends you to avoid taking airflights.

#### *On your postoperative appointment:*

Mr Hurtado, or your local GP, will inspect your throat.

*We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.*

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