

## POST-OP INSTRUCTIONS –

### Adenoidectomy and Grommets (middle ear ventilation tubes)

#### DIET

- During the operation and often afterwards your child will have fluid running directly into their veins keeping them hydrated. This will continue until your child is drinking sufficiently and there is no vomiting. When your child is fully awake they can start eating and drinking. We encourage all children to eat a normal diet.

#### PAIN

- Varies significantly from person to person but Adenoidectomy AND grommets are generally NOT painful procedures
- They may have a sore throat from the breathing tube during the operation.
- They may get some referred pain to their ears or simply tug on their ears due to the 'new' sensation.
- Some children can get a stiff neck and persistent sore throat. The pain usually improves after 2-4 days but occasionally can last for 7-10 days
- You can give simple pain medicines like panadol and nurofen on a regular basis.

#### ACTIVITY

- It is recommended that your child take it easy for the first 24-48 hours
- Most children are ok to return to school after 2-3 days

#### HYGIENE

- Your child should continue brushing their teeth morning and night and have regular baths / showers.

#### RECOVERY

- **ADENOIDECTOMY**
  - It is common to get a runny nose and discoloured discharge especially when a suction-diathermy or coblation technique is used. This can last for 1-4 weeks and rarely even longer
  - Your child will usually be given oral antibiotics OR topical antibiotic drops (example Sofradex **ear** drops, which are put into your child's **nose** (3 drops 3 times a day for 5 days).
  - I recommend using Salt water sprays or rinses 2-3 times per day.
  - You may notice they have a *really* bad breath – this is normal
- **GROMMETS**
  - You may notice a discharge from the ears, this may be clear, pink or even bloody.
  - You may be asked to put Ciloxan ear drops into the ears twice a day for 3-5days
    - Put 3-4 drops into the ear and then press on the tragus (flap of skin and cartilage in front of the ear canal – the same part you would press on to block your ears from loud noise). Press 10-15 times to force the drops through the grommet into the middle ear. Then repeat on the other side.
    - Your child *may* taste the drops – this is normal
  - Hearing improvement can occur rapidly and this is unsettling to some children especially younger children, they may tug at their ears or block them when you speak to them.

## BLEEDING

- This is the biggest concern after surgery.
- Thankfully it is very rare and will usually occur in the first 4-6 hours.
- There may be small amounts of blood oozing from the nose for a few days – you can use a decongestant like otrivin or drixine to stop this.
- If there is a rush of fresh blood that continues for more than a minute contact us or report **immediately to the nearest emergency department that deals with children. Call an ambulance if concerned.**

## ANTIBIOTICS

- Oral antibiotics are often given after a suction diathermy adenoidectomy.
- Antibiotics drops may be given for the nose OR the ears (see above)

## WATER PRECAUTIONS

- GROMMETS
  - If your child had grommets in some situations it may let water get into the middle ear
  - I find MOST children do not have this problem when they are simply bathing, showering or splashing around.
  - Often there needs to be a pressure gradient to force the water through the grommet which has an opening only 1.14mm wide – examples include putting your head UNDER water when swimming. To prevent this you can use many types of ear protection

## FOLLOW UP

- Follow up arrangement will be made at the time of your discharge
- It is usually 4-6 weeks after the surgery in the rooms.
- Please ring the rooms to book the post operative appointment 9362 5991

Thank you for giving me the opportunity to help improve your child's current condition. Surgery often represents one of the most effective ways we can intervene and assist in managing their problem. Unfortunately it is also the most invasive and often requires a significant recuperation time. It is always important to remember why they are having the surgery and what are the long-term benefits.

Every person responds differently to surgery and every outcome will differ slightly as well.

**If you have ANY concerns please contact us through our rooms on 02 9362 5991. If it is an emergency please contact Concord Hospital on 02 9767 5000 and ask to be put through to Dr Kalish.** If I am not available you can speak to the ENT Registrar who will assist you with any emergencies and contact me as soon as possible. Queries will be answered if you email [larry@sinuscentre.com](mailto:larry@sinuscentre.com).

