

Contact us information

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Mid North Coast
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Consulting

ENT Gosford
29 Hills St,
Gosford NSW 2250

Coast Sleep
18-20 Wiowera Road,
Kanwal, NSW 2259

**Mayo Specialist Centre
Mayo Private Hospital**
2 Potoroo Drive,
Taree NSW 2430

Operating

Gosford Private Hospital
Burrabil Ave, Gosford North NSW 2250

Tuggerah Lakes Private Hospital
645 Pacific Highway Kanwal NSW 2259

POST OPERATIVE INSTRUCTIONS

Adenoidectomy

Return to normal activities

It takes 1-3 days for most children to fully recover. You will need to keep your child away from daycare, kindy and school during this period.

General activities can be resumed when your child feels up to it. Please avoid vigorous nasal blowing, active sports, rough play & heavy lifting for 2 weeks.

Pain relief

Children may experience some minor neck or throat discomfort following surgery. Paracetamol (Panadol) is usually all that is required.

Do not use Ibuprofen (Nurofen) or Aspirin, as this can increase the risk of post-operative bleeding.

Antibiotics

Most children will be prescribed augmentin for 5 days (or an alternative if there is an allergy). This will help minimize the temporary bad breath associated with the healing adenoid area.

Diet

There are no restrictions on diet.

Fever

It is common to have a milder fever for the first 24hrs after the operation. Please call Dr. Gunawardena's rooms if there is a persistent fever greater than 38.5°C.

Bad Breath

This is expected following removal of the adenoids and is part of the normal healing process. The bad breath usually settles after 3 weeks.

Bleeding

If there is any sign of bleeding from the nose or mouth, please present to the nearest Emergency department for assessment.

Follow Up appointment

A follow up appointment is usually booked 2 weeks after surgery. Please contact Dr Gunawardena's rooms if there are any concerns.