



G CHEE
EAR • NOSE • THROAT
SINUS & DIZZINESS CENTRE

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ADENOIDECTOMY

You/ Your child has had Adenoidectomy done. This information sheet will help you understand what you might experience in the following few days as you recover from your surgery

1. Pain – this is minimal and quickly resolves over one day. Take the pain relief medications provided as required.
2. Bleeding – there may be minimal bleeding from the nose in the first 2 to 3 days. Use Sterimar (if provided) to flush the nasal cavities regularly.
3. Nasal blockage – the nose may get blocked from accumulation of discharge, blood clots and swelling. Use nasal sprays (if provided) to flush the nasal cavities. The blockage should resolve over a few days.
4. Smell from the nose – As the wound heals, there may be a bad smell from the nose for about 1 to 2 weeks.

Things You Should Do

1. Flush the nasal cavities regularly
2. Gentle blowing is fine.

Things You Should Not Do

1. Swim (for at least 1 week)

If there are any queries, please email at gchee@gcheeent.com or text me at 90033419.

Prepared by Dr Gerard Chee

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