



What to expect and do after Grommets & Adenoidectomy

Pain Management

- **Expected Pain:** Pain is normal after adenoidectomy.
- **Medications:** Take pain medications as needed. If oral medications are ineffective, young children may receive suppository pain medication.
- **Additional Tips:** Frequent chewing and staying hydrated may alleviate pain.

Diet and Hydration

- **Food and Drinks:** You can eat anything you like. Even if you don't feel like eating, drink plenty of liquids.

Activity and Recovery

- **Rest:** School and work can usually be resumed after a few days but children often feel like returning to normal activities after only a day or so which is fine.
- If given a bottle of ear drops, put 3 drops into the operated ear(s) three times a day for 3 days. Not all patients need ear drops, so do not worry if your surgeon didn't give you any. Keep the drops in the refrigerator after use as they can be used again in the future.
- You only need to keep your ears dry if you will be swimming in untreated water like lakes, rivers, streams or the ocean. You may use store-bought ear plugs or make your own by applying a small amount of Vaseline (petroleum jelly) to a cotton ball.

Common Post-Surgery Symptoms

- **Bad Breath:** Common and should resolve in about 2 weeks.
- **Bleeding:** Light bleeding or blood clots from the nose after adenoidectomy are common. Bleeding usually resolves with rest and ice water gargles. Avoid coughing, if possible, to prevent bleeding.
- It is normal to see a little blood or clear drainage in the ear canal after surgery.
- If drainage from the ear lasts longer than 48 hours, becomes yellow or milky, sticky and smelly, then an ear infection may be present. This is treated with antibiotic ear drops. Please call the office if this happens.

Normal Post-Surgery Findings

- Thick, white scabs in the back of the throat
- A swollen uvula
- Ear pain
- Bad breath

When to Call the Doctor

- **Severe neck stiffness** accompanied by fever, fatigue, and headache
- **Fever over 38.5°C** not resolved with paracetamol or recurrent fevers
- **Persistent bleeding** that doesn't stop after initial measures (seek emergency care)
- **Signs of dehydration:** little to no oral intake, lethargy, dark urine

Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially after hours.