



David Albert
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in London

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POSTOPERATIVE INSTRUCTIONS

Grommet insertion

No need to keep the ears dry
Use drops as prescribed
Occasional blood-stained discharge
Back to nursery/school next day
Calpol/Nurofen as required

Adenoidectomy

Temperature and blocked nose common
Occasional smell if adenoids large
School - Friday (Day 2) if well
Calpol/Nurofen as required

Tonsillectomy

Encourage eating (any food)
Encourage drinking
Take antibiotics as prescribed
Take pain killers as prescribed

Full Tonsillectomy

Pain worse days 4-10; School on Monday (Day 10)

Shave Tonsillectomy

School on following Monday/Tuesday
You can't fly for 10-14 days post op

?diarrhoea, constipation, nausea and vomiting

Occasional bleeding at one week to ten days

Call duty sister for any post-tonsillectomy bleeding
(0207 580 4400) They will call me to discuss

Brisk bleeding – go straight to Casualty

Postop queries

Call the ward or on-call duty paediatric sister
(0207 580 4400)
or my office (0207 390 8300)
Email queries to admin@albert.uk.com

POSTOPERATIVE MEDICATIONS

Grommet insertion

Ciloxan EYE drops to be used in the EARS, 2 drops 2 - 3 times a day for usually one week. These drops help to prevent infection and to prevent the grommets becoming blocked.

Adenoidectomy

Antibiotics are given to prevent infection of the adenoid bed which produces a foul smell and a very blocked nose, with a high temperature. Usually, Augmentin is given in appropriate doses 3 times per day for a week, though other antibiotics may be used if the patient is allergic to Penicillin.

Tonsillectomy

Dr. Lloyd-Thomas writes up a complicated but important regime of pain relief. Usually, this consists of:

1. Paracetamol

2. Either

Voltarol (Diclofenac) suppositories

OR... Nurofen orally

*Nurofen is given orally instead of the Voltarol suppositories and should **not** be given at the same time.*

*The Nurofen and Paracetamol work differently and **can** be given at the same time though ideally the smoothest pain relief is usually attained if the doses are interdigitated, e.g. Paracetamol at time 0, Nurofen + 4 hours, Paracetamol + 8 hours, Nurofen + 12 hours, etc.*

3. Tramadol / Dihydrocodeine may be prescribed in addition

Postoperative appointment is on your postoperative report