

## BE AWARE

### Your child may experience:

- Vomiting and the colour being brownish (the colour of digested blood). In this case, wait a little and give them a little water to avoid overloading the stomach.
- Slight nosebleeds on the day of the operation. In this case, insert some cotton wool into the nostril, give your child an ice cube to suck, a cold drink, and allow the child to rest in a calm environment.

## WHEN TO SEEK MEDICAL ADVICE QUICKLY

In the majority of cases, recovery is smooth. However, please contact us as soon as possible if your child experiences:

- Resumption of major nasal/oral bleeding,
- Presence of red, fresh blood in their vomit.
- Persistent fever ( $\geq 38.5^{\circ}\text{C}$ ) after 36H,
- Onset of otitis,
- Persistence of bad breath after 10 days,
- Greenish-yellow nasal discharge.

If in doubt, it is always best to consult a doctor.

Please call the surgeon on the number listed on the prescription or call the 24-hour care unit on the following number: +352 2862 6521

If you have any questions, please do not hesitate to contact us.

Thank you for your trust.

The whole team wishes you a peaceful recovery at home.

### Hôpitaux Robert Schuman

9, Rue Edward Steichen, L-2540 Luxembourg  
T +352 286 911

[www.facebook.com/hopitauxrobertschuman](https://www.facebook.com/hopitauxrobertschuman)

[www.hopitauxschuman.lu](http://www.hopitauxschuman.lu)

### Paediatric hospital care department

T +352 2862 6521

### Useful website

[www.acteurdemasante.lu](http://www.acteurdemasante.lu)

### Please note:

Your questions to ask the doctor and the information provided during their visit:

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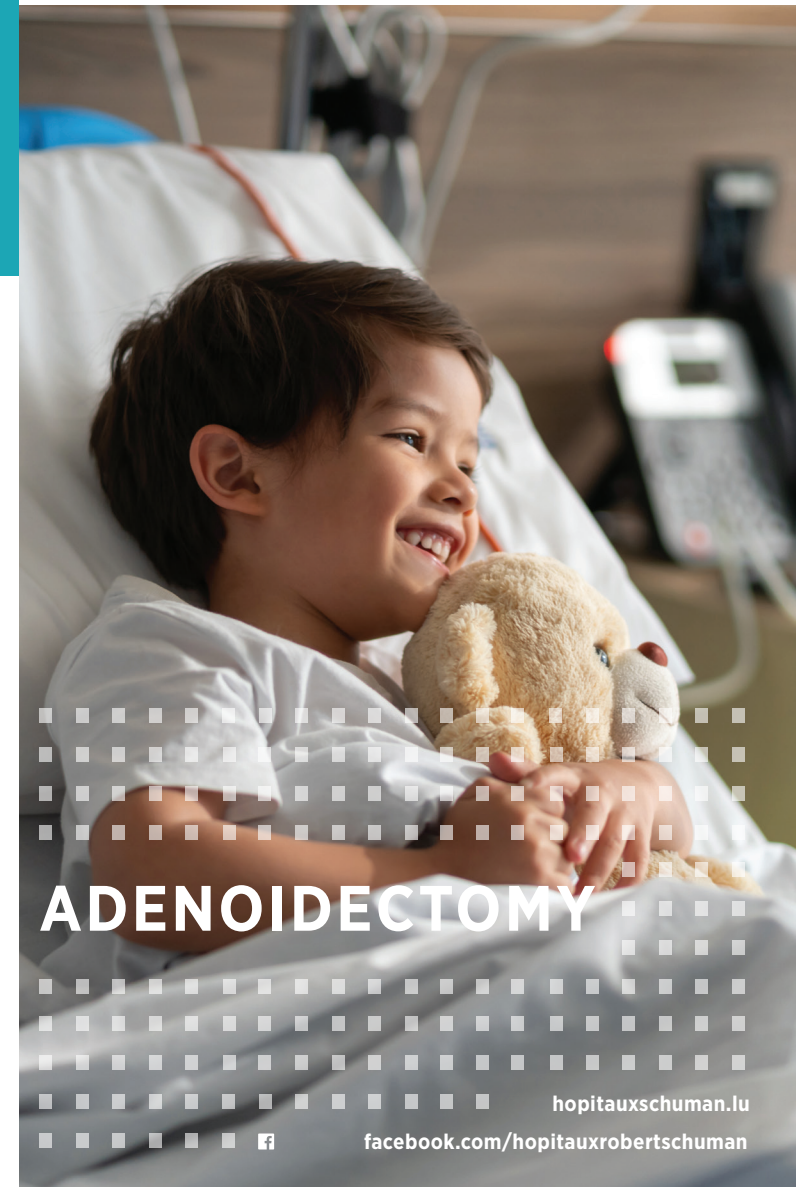
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## ADVICE FOR SUPPORTING YOUR CHILD RETURNING HOME AFTER AN:



# ADENOIDECTOMY

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## Dear Parents,

Your child has received treatment for the removal of **adenoids**.

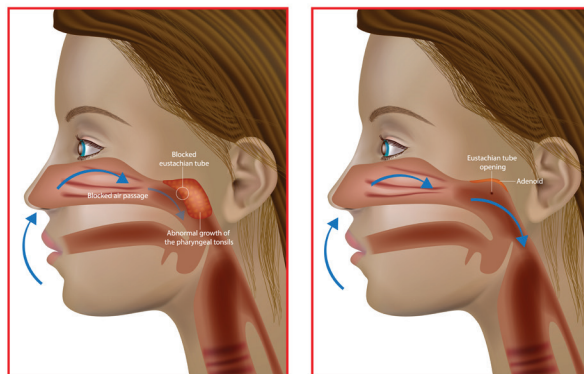
Here is some useful information and recommendations to help you care for your child at home.

## POST-OPERATIVE COURSE

The surgical site appears as small wounds in the nasopharynx, which are covered by scabs that usually disappear within the first few days after surgery. A new mucous membrane will form and cover the scar.

### During the first 24 hours, the following may occur:

- Small amounts of blood loss through the mouth or nose,
- Some **feelings of temporary discomfort** (e.g. when swallowing),
- Night-time snoring,
- Rhinolalia (nose talk).



Adenoid Hypertrophy

Healthy

## DISCHARGE FROM HOSPITAL

Your child will be discharged on the day of the operation, following a check-up by the surgeon.

During this check-up, make sure you have received:

- An appointment for the next check-up,
- A medical prescription,
- Medical certificates for daycare, school and sport activities,
- The certificate for your employer, if necessary.

Please feel free to ask the surgeon any questions you may have.

Thank you for taking the time to reply to the satisfaction survey via QR code.

Scan the QR Code to access the satisfaction survey in your own language.



Thank you for your participation, it helps us to improve the quality of care.

## ON LEAVING THE DEPARTMENT

When you leave the department, please notify the care team and, if applicable, return the access badge.

## POST-OPERATIVE ADVICE

Please follow these recommendations at home:

- Blow your child's nose gently immediately after the operation, preferably just wipe away the nasal secretions,
- Avoid sneezing violently,
- Avoid draughts,
- Avoid sports activities (particularly swimming and gym classes),
- Avoid any impact to the head (jumps, violent games, etc.)
- Do not attempt to remove the dried blood scabs from the nose, as this may cause the wound to bleed. (they will fall off by themselves with time).

## FURTHER USEFUL INFORMATION

### Recovery time:

Recovery is generally quick. Your child can usually return to their usual activities within a few days.

### Pain-relief treatment:

A suitable analgesic may be given, following the prescription. Follow the recommended doses carefully.

### Diet:

A normal diet can be resumed gradually, depending on the child's comfort. For a few days, favour soft, lukewarm foods (compote, purée, ice cream, yoghurt, etc.) .

### Return to daycare / school:

A return to daycare /school is generally possible after 2 to 3 days, depending on the surgeon's advice.