

Post-Operative Care Instructions Following Cautery of Inferior Turbinates/ Turbinoplasty and/or Adenoidectomy

The following instructions will help you know what to expect in the days following surgery. However, do not hesitate to call if you have any questions or concerns. Dr Anderson can be contacted on x if any post operative concerns. If you are unable to contact Dr Anderson leave a message. If you are worried or if it is an emergency go to the Townsville Hospital Emergency Department to be assessed.

Pain relief and diet

The recovery from Turbinate Surgery/ Adenoidectomy is generally brief and well tolerated. Most patients will have no significant discomfort, acting and feeling normal within hours of the procedure. Panadol is usually all that is required for pain relief. Ibuprofen can be used after the first 24 hours. Oxycodone will also be provided if needed. Your child can return to a normal diet immediately.

Post-Operative Turbinate surgery swelling

In the days after turbinate surgery it is common to have swelling of the lining of the nasal cavity. This is common and will last approximately one week. During this time nasal congestion will be worse.

Post-Operative Nasal Bleeding

Nasal bleeding is common after turbinate surgery. It is usually short lived and easy to control with sitting up, gentle pressure and pinching of the soft part of the nose (not over the bridge). You will have a script for Nasolatte cream. Normally this is used twice a day for 1 week. If you have some bleeding you can add some more cream between doses.

My child has a funny smell after the Adenoidectomy?

Occasionally your child will have bad breath after the adenoidectomy. This occurs occasionally and for this reason oral antibiotics are given to reduce the smell.

When can I start to blow my nose?

You can blow your nose gently straight away. Due to swelling you may not achieve a great deal but over the course of the week it will gradually improve.

Physical Activities

After this surgery, children should rest but may play inside for one or two days. After this return to normal activity. Heavy physical activity should be avoided for one week

Follow up

Call NQ ENT on 4721 4582 to arrange follow up 6 weeks after surgery either by phone or in person.