**Surgical Day Care Unit****Adenoidectomy****Discharge information for parents and carers****Introduction**

This leaflet aims to provide you with information about how to care for your child once you are at home.

Most children appear to be alert and active after they are discharged from hospital. However do not be surprised if your child complains of feeling dizzy or being tired. Your child may feel dizzy and uncoordinated for the next couple of days.

For the next 24 hours

- **you should** encourage your child to rest
- **you should** make sure your child's activities are supervised by a responsible adult
- **Do not** let your child ride a bike
- **Do not** let your child take part in any outdoor activities
- **Do not** give your child any fizzy drinks
- **Do not** give your child hard to digest foods such as chips, burgers.

Your child may complain of having a sore throat, hoarseness, muscle ache, or pain following an anaesthetic. You can give your child paracetamol. **Do not exceed the recommended dosage for your child's age**

All advice regarding medicines will be given to you when your child is discharged.

What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for one hour. After that, you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

If the vomiting continues, please contact your GP out of hour's telephone number or your nearest Accident & Emergency Department

Following Adenoidectomy

We advise that you keep your child in for three days following the surgery and off school for a further seven days as they are more susceptible to picking up an infection. For this reason we advise you to keep your child away from anyone who you know is unwell as far as reasonably possible.

Encourage your child to eat and drink normally. Any pain or discomfort can be relieved using the analgesia you have been prescribed to take home. Alternatively if you already have medication such as paracetamol or ibuprofen at home please follow the manufacturer's instructions carefully.

If there is any bleeding from your child's mouth or nose or they cough or vomit any fresh blood in the next 10 days it is important that you bring your child back to Accident and Emergency immediately.

The staff on the ward are happy to talk to you should you have any worries or concerns and you may contact the ward for advice at any time.

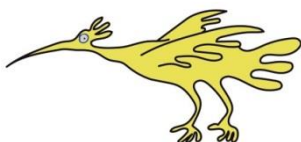
Who to contact if you have any worries

If you have any concerns please telephone

Surgical Day Care Unit 0151 252 5557 / 01510282 4509 Monday to Friday 07.00 - 20.00

Out of our hours please contact

0151 252 5447 Ward 3A Monday- Sunday 24 hours a day



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust
Alder Hey
Eaton Road
Liverpool
L12 2AP

Tel: 0151 228 4811
www.alderhey.nhs.uk

