



Mr Adnan Safdar MBBS., FRCS., FRACS (ORL-HNS)

## **DISCHARGE INSTRUCTIONS ADENOIDECTOMY**

Before leaving the Day Ward make sure that you have :

1. Instructions - what to do after surgery
2. Medications (or prescriptions for them)
3. An appointment to see your Doctor
4. A responsible adult to accompany you home
5. All personal affects

### **SPECIFIC DISCHARGE INSTRUCTIONS**

1. Panadol (dose according to age) as necessary for the pain. Doses should be given no less than 4 hours apart. **NO ASPIRIN OR DISPRIN.**
2. Avoid blowing the nose for a few days.
3. Ear aches may occur for up to 1 week after operation.

### **IMPORTANT**

If unwell (eg : persistent nausea and/or vomiting, fever, bleeding, offensive wound or Nasal discharge) contact your doctor, or attend the nearest emergency department.

**In Case of an Emergency Mr Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.**