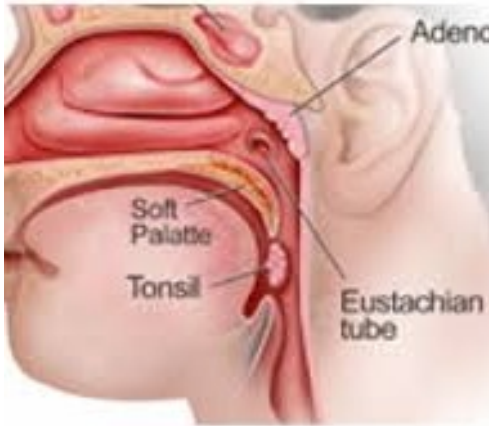


ADENOIDECTOMY

DISCHARGE INSTRUCTIONS



Most of the patients go home as soon as they have recovered sufficiently from Anesthesia.

They can have light meal (clear fluid) soon after they are awake then progress to normal diet.

Expect to have:

- Small amount of bloody nasal discharge
- Mild ear pain which can be controlled by pain killer.
- Bad nasal smell, can be overcome by continuous nasal irrigation

In case of nasal bleeds:

- Apply iced pack over the back of the neck or forehead while sit up straight and gently press over the lower part of the nostrils and avoid swallow the blood if reached the mouth
- In case did not stop, go immediately to the emergency.

Avoid aspirin and ibuprofen as coagulopathy medication that might enhance bleeding.

Visiting the emergency room required if patient have:

- Fever higher than 38.5 °C
- Breathing difficulty.
- Headache, Loss of appetite, Nausea or Vomiting.
- Continuous nosebleed for more than 10 minutes despite the above instruction.

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