Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Discharge Advice Following Adenoidectomy

Version number: **7**
Last modified date: **12th November 2026**

Discharge Advice Following Adenoidectomy

Patient Information

Children’s ENT

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When you go home

It is important that your child is kept away from people who may have a cold, flu or any infection. This makes it necessary for them to stay away from school for 10 days and to avoid crowded areas such as swimming pools, cinemas and supermarkets.

- Sometimes children who have had their adenoids removed complain of earache. This can be relieved by giving Paracetamol on a regular basis until the earache has stopped.

- It is important that your child's mouth is kept clean; this will be achieved by regular cleaning of the teeth after meals and before bedtime.

If your child has been known to snore whilst asleep, you will probably expect the snoring to stop when the adenoids have been removed. This, however, will not happen immediately and may take several weeks before you notice any difference.

- When the adenoids have been removed it is recommended that your child does not blow their nose for the first week.

- You will be told if you require a further appointment to attend clinic, but this is not always necessary.

- Please do not hesitate to call the ward if you have any concerns about your child’s recovery after they have been discharged home.

Contact

Telephone number of Rainbow Ward is 01942 778762 or 778763, open 24 hours per day.



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