



Southport and  
Ormskirk Hospital  
NHS Trust

## **PATIENT INFORMATION**

# **Advice Following Adenoidectomy and Grommets**

Children's Unit



## **GOING HOME**

You must NOT take your child home on public transport.

If your child did not sleep on the ward, he/she may sleep longer than usual the first night home.

If your child is sick more than once, DO NOT give them anything to eat or drink for 1 hour. Start clear fluids and then cereal and toast. If vomiting continues, go straight to the Casualty Department.

Fizzy Drinks and fatty foods are not recommended.

## **THE FIRST FEW DAYS**

A slightly raised temperature is normal on the first night home. If it does not go down, contact one of the numbers on the back of this leaflet.

There may be a small amount of discharge from the ears. This is normal. Do not use cotton buds to clean the ear.

Encourage your child to eat and drink normally.

For the first 2 WEEKS, put a small piece of cotton wool, covered in Vaseline, in the outer ear when washing hair.

Calpol can be given if necessary. Pain or discomfort may occur in the throat or ears.

## **GOING TO SCHOOL**

Please keep your child indoors for at least 3 days. He/she can then go out but DO NOT take them to crowded places.

This is to reduce the risk of coming into contact with any infection.

**Your child should be kept off school for 1 week altogether.**

## **SWIMMING**

Your child is not allowed to go swimming for 2 weeks following the operation.

Jumping in and diving is not recommended, this will force water down into the ear canal.

Wearing a swimming hat or using cotton wool covered in Vaseline will help to prevent water getting into the ears.

## **FOLLOWING A GENERAL ANAESTHETIC**

A responsible adult should stay with the child for the next 24 hours.

Do not allow your child to cycle, go on busy roads or to playgrounds unaccompanied for the next 24 hours. Anaesthetic can affect balance and judgement.

If your child develops a discharge from the ears or you are worried about them, you can contact:

The Children's Ward, Ormskirk DGH  
(01695) 656912/656393  
Ward L2, Alder Hey Children's Hospital

## **WHAT TO DO IN AN EMERGENCY**

If any of the following occur:

- Vomiting or spitting out fresh blood
- Nose bleed
- Stiff neck
- Your child becomes pale, sweaty and restless

**GO TO THE NEAREST ACCIDENT & EMERGENCY  
DEPARTMENT**

If bleeding is constant, call an Ambulance.

**PLEASE NOTE, INPATIENT CARE FOR ANY  
COMPLICATIONS WILL BE VIA ALDER HEY  
CHILDREN'S HOSPITAL**

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

If your child starts vomiting or spitting out blood, develops a nose bleed, stiff neck and becomes pale, sweaty and restless, please contact the numbers you have been given/take to the A&E Dept for assessment.

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP –

Children's A&E Dept, ODGH (01695) 656674

Children's Ward, ODGH (01695) 656912

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

[southportandormskirk.nhs.uk/FFT](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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