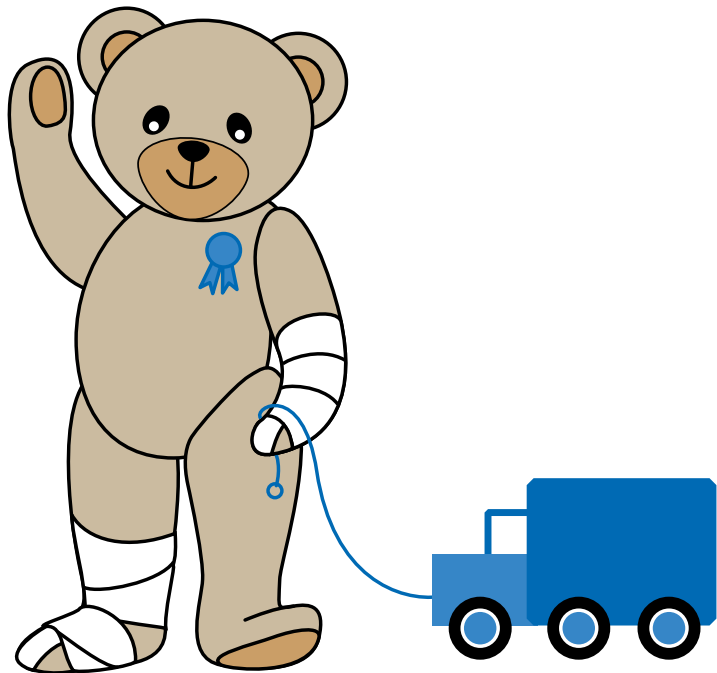


Adenoidectomy

Paediatric Day Surgery Unit



Patient information leaflet

What are adenoids?

Adenoids are small lumps of tissue which are located in the back of the throat. They are part of the immune system, which helps fight infection and protects the body from bacteria and infection.

Why do adenoids need removing?

Sometimes a child's adenoids can become swollen and enlarged. This can cause:

- Breathing problems
- Difficulty sleeping
- Glue ear
- Nasal sounding speech
- Runny nose

Are there any alternative treatments?

If the adenoids are enlarged and obstructing the back of the nose, the only option is to remove them.

Will it be painful?

Some pain/discomfort maybe felt initially so give your child regular Paracetamol and Ibuprofen for pain relief according to their age. If your child needs anything stronger, this will be provided by the ward. Give regularly for the first 48–72 hours and then as necessary.

Next dose of Paracetamol:

Next dose of Ibuprofen:

What can my child eat and drink?

Your child will be able to eat and drink normally following the procedure. It is important that they return to a normal diet as soon as possible. It is also important for them to drink plenty of fluids.

When can my child go back to school/activity?

Your child will require 1 week away from school, this is to reduce the risk of contracting a virus or infection. For the first few days you should encourage your child to rest as much as possible.

It is best to avoid:

- Crowded places
- Smoky atmospheres
- People with coughs and colds
- Public transport
- Swimming pools
- Hot Baths and showers
- Vigorous physical activities

Are there any side effects?

Some children will experience some side effects following surgery, these can be:

- Earache
- Sore throat
- Blocked nose
- Halitosis (bad breath)

These symptoms should pass within 1–2 weeks, if they continue contact your GP.

Are there any possible complications?

- **Bleeding** – If you notice any bleeding from the nose or mouth, any vomiting of fresh or dark blood within the first week at home seek medical advice.
- **Infection** – Following surgery your child may be prescribed antibiotics. Should they show any of the following symptoms please contact your GP.
 - High temperature
 - Cough
 - Cold
 - Increasing pain

Will my child need a follow up?

If a follow up appointment is required it will be sent to your home.

General Practitioner's (GP) letter

A letter will be sent to your child's GP giving brief details of their admission.

You will be given a copy of this on discharge.

Reference source

- www.privatehealth.co.uk/private-operations/ear-nose-and-throat/adenoidectomy/
- www.ent-info.nhs.uk/T2_adenoidectomy.htm
- www.nhs.uk/Conditions/Adenoids-and-adenoidectomy/Pages/Introduction.aspx

Notes

Contact details

If you require further advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday to Friday, 8am–8pm)

Hascombe Children's Ward

Telephone: 01483 464071 (24 hours)

Accident & Emergency

Telephone: 01483 464156 (24 hours)

If you are seriously concerned about your child, please take them to Accident & Emergency.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Future review date: November 2020

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