

## Patient information

# Adenoidectomy – Adult (Day Surgery)

Adenoidectomy is the surgical removal of the mass of lymphatic tissue situated at the back of the nose. Unlike the tonsils, they are out of sight. They are removed by approaching them from the back of the throat using specialist instruments and a mirror.

### Why are they removed?

Adenoids may cause breathing problems and/or snoring, as well as contributing to recurrent ear infections and glue ear.

### After the operation

Bleeding after adenoidectomy is very rare but can occur and you will be observed on the unit for 2-3 hours after the operation to reduce the risk of problems occurring after discharge. We observe for excessive swallowing, coughing or vomiting of fresh blood and this needs to be continued by you after discharge.

If there is bleeding from the nose, pinch the soft part of the nose for 3-5 minutes. If the bleeding does not stop you should contact the ENT ward on 01284 713430 for advice or attend the Accident and Emergency department. **Excessive bleeding can be serious.**

### Discharge advice

Avoid hot food and drink for 24 hours as this can cause bleeding. After this you should eat and drink normally. If you are unable to eat or drink large amounts, little and often is just as good.

You should rest at home for a few days.

A certain amount of discomfort after the operation is normal. It is advisable to have a

supply of simple painkillers such as Paracetamol and Ibuprofen at home.

You are likely to have a bad smelling breath for a week after the operation. This is normal and will disappear.

About a week later you should be almost back to normal. You will normally require one week off work following the operation.

There is no routine follow-up appointment. If you have had biopsies taken and require a follow-up appointment, this will be sent to you.

If you require further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am-8.00pm, Monday to Friday.

**Please note:** All weekend emergencies are treated at Addenbrooke's Hospital NHS Trust, telephone 01223 245151. After 5.00pm on Friday, should you need emergency treatment (bleeding for example) please call an ambulance and ask to be taken to Addenbrooke's hospital accident and emergency department.

Outside of these hours contact the ENT ward on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or your own GP/GP out of hours service

Or NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:*

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>