

## Patient information

# Adenoidectomy - child (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 infection and glue ear.

### After the operation

Bleeding after adenoidectomy is very rare but can occur and your child 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 paediatric ward on 01284 713315 for advice or attend the Accident and Emergency department. Excessive bleeding can be serious.

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

Your child should rest at home for a few days.

A certain amount of discomfort after the operation is normal. Paracetamol (Calpol®) can be given for any discomfort. Please see pain leaflet for further details.

Avoid mixing with other people (parties, play group, school) for one week. After this your child can return to normal activities.

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

If you require further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am – 8.00 pm, 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 paediatric ward on 01284 713315. 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 website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>.*



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