

Patient information

Adenoidectomy - Children

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 4-6 hours after the operation to reduce the risk of problems occurring after discharge. We observe for excessive swallowing, coughing or vomiting of fresh blood, this will need 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.

Please note: All weekend emergencies (after 5pm on Friday and before 9am on Monday) are treated at Addenbrooke's Hospital, so if it is the weekend you should take your child there or ask the ambulance crew to take you there.

Do:

- Your child 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

- Give pain relief if your child is struggling to eat and drink or they are in pain, please ensure you have one of our pain leaflets

Don't

- Mix 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.

Further advice

If you are worried or need advice you can call the following departments who can best advise you on what to do:

- Rainbow Ward 01284 713315 (24hrs a day)
- Your own GP / GP out of hours
- NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website:

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