



# **Adenoidectomy**

## **Patient information Leaflet**

**June 2020**

**Adenoids** are a patch of tissue at the very back of the nose that help young children fight infections in their ear, nose and throat. They are at their largest in young children but usually disappear by early adulthood.

**An adenoidectomy** is the operation to remove the adenoids. It is usually done if the adenoids become so enlarged that children cannot breathe properly or if they are thought to be causing health problems like 'glue ear'.

**After the operation** Children are kept on the ward for 4 hours of observation following surgery. During this time we will monitor your child and providing they are tolerating drink and food and have passed urine they will then be able to go home.

### **Care at home**

Your child will need to stay indoors for at least two days and get as much rest as possible. They should stay off school for a week after the operation and avoid crowded places and people with coughs and colds to reduce the risk of an infection. Keep your child away from smoky environments as this will make their throat feel worse. Once they're feeling better, activities can increase but avoid energetic physical activities for the first 5 days.

A small **nosebleed** is common within the first few days of surgery. If this happens, put your child's head gently forward, encourage them to breathe through their mouth and pinch the fleshy part of the nose for 15-20 minutes. However, if there is a lot of bleeding (from mouth or nose), blood stained vomit (or vomit that is brown or black), attend your local hospital's Accident and Emergency department.

**Pain management** in the first few days is important. Your child may complain of a sore throat, jaw and earache; this is because the throat and ears have the same nerve. The earache should settle in about 2-3 days. Following the instructions on the bottle, regular Paracetamol and Ibuprofen can be given to ease the pain and make eating and drinking easier. This is most effective given at least half an hour before meals to make swallowing easier. Give regular drinks and encourage normal diet, avoiding very hot or very cold foods initially.

Your child's voice may initially sound different and snoring may be noticed for several weeks until the swelling settles. During this period it is common to experience nasal stuffiness. Do not allow your child to blow their nose for the first few days following surgery and only gentle blowing for up to 10 days after this.

If you have any concerns, notice any yellow or green discharge from the nose, your child develops a high temperature, has a lot of pain despite painkillers or is not drinking fluids; you should see your GP or contact the Children's ward on 0161 922 5252.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta ( Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹریپریٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

**References:**

<https://www.nhs.uk/conditions/adenoids-and-adenoidectomy/> accessed March 2020

**Author: Lorna Watson**  
**Division/Department: Women and Childrens**  
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