



Information for
patients and
carers

Adenoidectomy

What are adenoids and why remove them?

- They are not clearly seen, as they lie high in the throat behind the nose. They play a part in fighting infection
- Between the ages of 3 and 5 they may be relatively large and can make it difficult for your child to breathe through their nose. Your child may mouth breath and snore
- Adenoids are glands which can become chronically infected which is why they are removed. There are many other glands in the head and neck, so removing the adenoids doesn't have any effect on the immune system

Large adenoids may be associated with 'glue ear' and removal often reduces repeat grommet insertion.

If the adenoids are repeatedly infected they swell and become painful. They cannot adequately fight infection and removal will solve these problems. There are other areas in the mouth i.e. tongue and sidewalls of the throat, that will fight infection.

What is an adenoidectomy?

This is a procedure to remove the adenoids through the mouth. An instrument is used to scrape the adenoid from behind the nose.

How long will the operation take?

Your child will be away from the ward for approximately an hour.

What are the risks of adenoidectomy?

- Rarely there can be a bleed from the adenoid 'bed' which will not stop
- If this happens a 'post-nasal pack' will be inserted behind the nose and probably removed the next day. Your child will require special nursing care in this event

- Rarely adenoid tissue can grow back
- Your child may need to be re-admitted for antibiotics, most do not need further surgery
- Your child may need a drip to give them fluids if they cannot drink by mouth
- They may need a blood transfusion, however this is rarely required

What happens after the operation?

Your child may be able to go home the same day, your nurse will advise you. Your child will have to stay a minimum of 4 hours on the ward.

If you have to stay overnight you may be able to take part in the 'Care by Parent' scheme. This scheme enables you to take your child home early the next morning, once they have eaten breakfast. The evening of the operation your child will see a doctor and your nurse will explain pain relief and care at home. You will stay with your child overnight in the hospital. The nurses will not disturb you unless you have any queries.

Caring for your child at home

As your child is at risk from infection, you should keep them away from school for 1 week and they will also need to stay away from people and crowded areas (shops, playgrounds and public transport) where they may be in contact with coughs and colds.

To aid recovery and help prevent complications it is very important to encourage your child to eat and drink frequently. Any type of food and drink can be given. Chewing gum (if the child is old enough) keeps the mouth moist and reduces painful muscle spasm.

Regular painkillers must be given for up to 5-7 days. You will be given medicines to take home which your nurse will explain how to give these.

Contact details

Should you require further advice, information, have any concerns or queries please contact:

Ward 8 on telephone number: **01772 522245** or **07783848196**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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