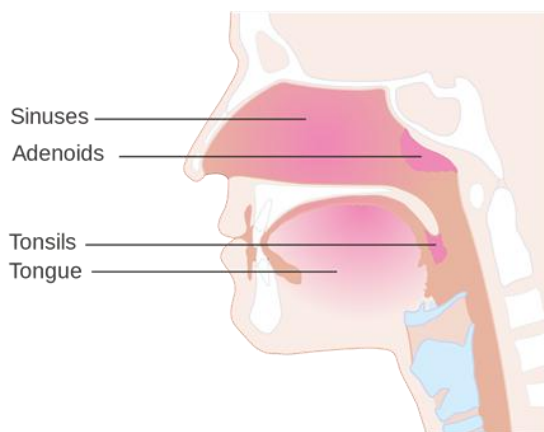


Adenoidectomy

Before the operation

What are adenoids?

Adenoids are small glands like tonsils in the throat but at the back of the nose. They are there to help fight germs.



Do we need them?

Your body can still fight germs without adenoids. We only take them out if they are doing more harm than good.

Why take them out?

Sometimes children have adenoids so large that they have a blocked nose. This means that they have to breathe through their mouths and they snore at night. Some children may even stop breathing for a few seconds while they are asleep.

The adenoids can also cause ear problems by blocking the tube which joins your nose to your ear which can cause problems with fluid build up and infections in the ear.

Does my child have to have their adenoids out?

The adenoids get smaller as you grow, so you may find that nose and ear problems get better with time. Surgery will help these problems get better more quickly, but it has a small risk. You should discuss with your surgeon whether to wait and see or have surgery now.

What is involved in the operation?

The adenoids are removed through the mouth.

How long will my child be in hospital?

Your child will come in on the day of the operation and will usually be well enough to go home the same or next day.

Can there be problems?

Adenoid surgery is very safe, but every operation has a small risk.

The most serious problem is bleeding. It does not happen often – about 1 child in 100. If your child has any bleeding from the nose or mouth you **must** see a doctor. Either call your GP, the ward or go to your nearest casualty department.

Your child may feel sick after the operation. This usually settles quickly.

A small number of children find that their voice sounds different after the surgery. It may sound like they are talking through their nose a little. This usually settles quickly

How will my child feel after the operation?

The recovery from adenoidectomy is usually very quick.

Your child may complain of a sore throat for a few days. This is normal, you can give them painkillers for this.

Your child may complain of sore ears. This is normal. It happens because your throat and ears have the same nerves. It does not mean that your child has an ear infection.

How long should my child be off school or nursery?

We recommend that children need 5 days off school or nursery. They should rest at home and stay away from crowds and smoky places to avoid infection. They should also avoid swimming for 3 weeks.

If you have any problems or questions please ask your surgeon.

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