

## Paediatric Day Surgery

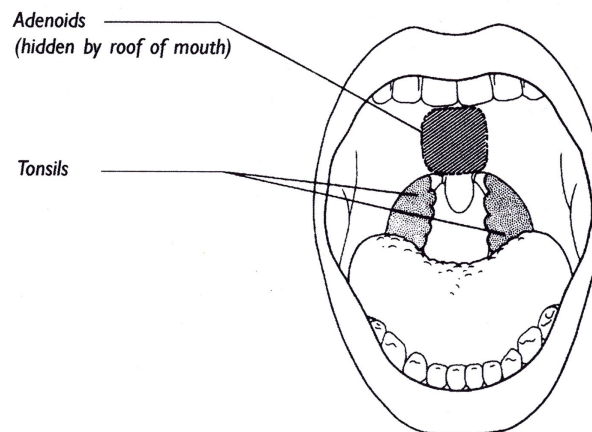
# Children's Adenoidectomy

### What are the adenoids?

The adenoids are a soft mass of tissue that hangs down from the base of the skull at the back of the nose.

The area is small part of the body's defence against infection.

However, removing them does not mean that the body will not be able to fight infection.



### Why do they need to be removed?

A child's adenoids can become swollen or enlarged. This can happen after a bacterial or viral infection, or after a substance triggers an allergic reaction.

Adenoids can be removed if your child has:

- Breathing problems
- Difficulty sleeping
- Recurrent or persistent ear problems (Glue ear and middle ear infections)
- Recurrent or persistent sinusitis

### How are they removed?

Your child will be given a general anaesthetic (he or she will be asleep). The adenoids are removed through the mouth. Heat is used to stop any bleeding.

### Before the operation

Tell your ENT surgeon if your child has had a sore throat in the week before the operation. If your child has a high temperature and cough, the operation may have to be postponed for a few weeks to ensure they've fully recovered and to reduce their risk of developing complications as a result of the surgery.

## How long will it take my child to recover?

- Your child will need to stay on the unit until their observations are stable.
- They have eaten and drank.
- Can mobilise about safely.
- Passed urine.
- Your child should be almost back to normal when the after effects of the general anaesthetic have worn off. This usually takes a day or so.
- It will probably take your child 14 days to recover fully from the operation.
- Your child should rest for several days after an adenoidectomy and kept off school for 10 days.
- You should also keep your child away from smoky atmospheres and anyone with a cough or cold. This will help to prevent them from getting an infection.
- Allow your child to recover at his or her own pace.
- Ensure adequate rest for your child.
- Usually no follow up appointment is necessary.
- No swimming for 28 days.

## What if my child feels pain?

Your child may complain of pain for a few days and sometimes earache, especially on swallowing. You can relieve the pain with Paracetamol or Ibuprofen. Follow the instructions on the bottle or pack. If the pain does not go away, or if other symptoms such as hearing loss or if bleeding occurs, seek medical advice.

## Remember

If you have any problems over the weekend please contact: Children's Ward 3, Calderdale Royal Hospital, Telephone No: (01422) 223277

## If you have any comments about this leaflet or the service you have received you can contact :

Ward 3  
Calderdale Royal Infirmary  
Tel:01422 223277

[www.cht.nhs.uk](http://www.cht.nhs.uk)

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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