

# Adenoidectomy in Children

**Ear, Nose & Throat Department**

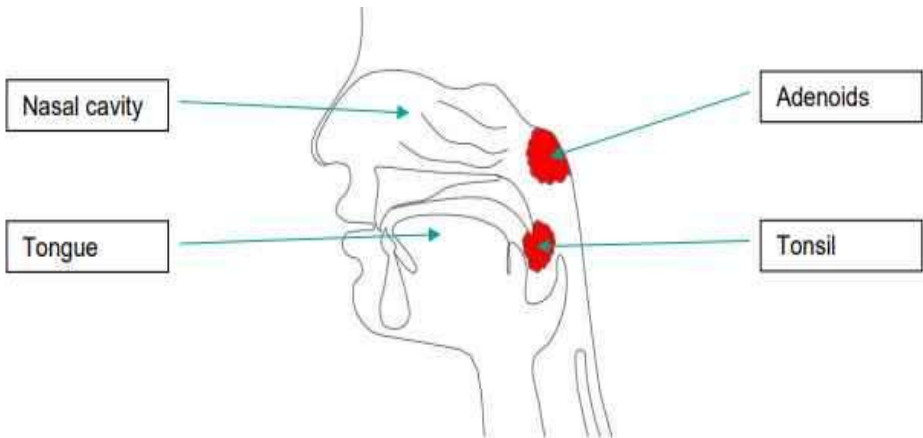


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**This information sheet is designed to help you make an informed decision about your child having their adenoids removed. If you have any further questions, please discuss these with our staff before your operation.**

## **What are adenoids?**

Adenoids are small glands in the throat, at the back of the nose. They are there to fight germs.




## **Do we need them?**

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

## **Why take them out?**

Sometimes children have adenoids so big that it causes a blocked nose and they have to breathe through their mouths. They can snore at night and some children stop breathing for a few seconds

## **The RUH, where you matter**



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while they are asleep. In these cases the tonsils may also be removed (See Tonsillectomy surgery leaflet). The adenoids can also cause ear problems by blocking the tube which connects your nose to your ear. Sometimes a child may have their adenoids removed at the same time as grommet surgery (See Grommets in Children leaflet).

## **Does my child have to have his or her adenoids out?**

Adenoids get smaller as you grow, so you may find that nose and ear problems get better with time. Surgery will make 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.

## **How is the operation done?**

Your child will be asleep for the operation. We will take out the adenoids through his or her mouth and then stop the bleeding before he or she is woken up.

There are different methods of removing adenoids. Adenoids are most commonly removed using electrical instruments such as coblation or suction diathermy.

## **Before your operation**

Arrange for a week or two off school. Let us know if your child has a sore throat or a cold in the week before their operation as it may be safer to put it off for a few weeks

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## How long will my child be in hospital?


In most cases, adenoid surgery is done as a day case, so that he or she can go home on the same day as the operation. Some surgeons may prefer to keep children in hospital for one night depending on the reason for surgery and any other procedures that may be required. Either way, we will only let him or her go home when he or she is eating and drinking and feels well enough.

Most children need about a week off nursery or school. They should rest at home away from crowds and smoky places. Stay away from people with coughs and colds.

## Can there be problems?

Adenoid surgery is a common procedure, but every operation has risks:

- Very occasionally there can be bleeding, which may need a second operation to stop it. However, bleeding does not happen often. Please let us know before surgery if anyone in the family has a bleeding problem.
- During the operation, there is a very small chance that we may chip or knock out a tooth, especially if it is loose, capped or crowned. Please let us know if your child has any teeth like this.
- 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 settles quickly with time.

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- Your child's nose may seem blocked up after the surgery, but it will clear by itself in a few days. You may also notice your child has bad breath after the surgery. This is normal and will settle after a few days.
  - Some children feel sick after the operation. This settles quickly.

## Contact us-

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.