

Parent information for children having adenoidectomy



Anaesthetics

patientinformation

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: yourexperience@rothgen.nhs.uk

Slovak

Ak vy alebo niekto koho poznáte potrebujú pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

نەگەر تۆ یان کەسێک کە تۆ دەپێتای سێ پێوستی بەیارماتی هەبێت بۆ ئەوەی لەم بەلگنامە بە تێیکەر یان بێخوێنیتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەیە سەروددا یان بەو نیمەیلە.

کوردی سۆرانی

Arabic

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

عربی

Urdu

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

اردو

Farsi

اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

فارسی

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation company **Big Word**.

Big Word can be accessed through the search option on InSite.

Adenoidectomy - child

**Please follow these starving instructions.
If you do not follow these instructions,
your child's operation may be cancelled.**

Your child must have nothing to eat after:

- 2.00am if your operation is in the morning
- 7.00am if your operation is in the afternoon

This includes food, milk, sweets, chewing gum and fizzy drinks.

Your child may drink water or dilute squash until:

- 6.00am if your operation is in the morning
- 11.00am if you operation is in the afternoon

**Contact the ward you are expected on
if your child becomes unwell within
1 week of their planned operation**

Please come to

On

At

About this leaflet

This leaflet is designed to give you information about the operation your child is going to have. Please refer to the leaflet "**Your child's general anaesthetic**" for important information about how to prepare your child for coming to hospital, what to bring with them, what to expect when you are at the hospital and information to enable your child to receive a safe general anaesthetic.

What are adenoids?

They are soft mounds of tissue behind the nose (similar to tonsils which are at the back of the throat). They are part of the body's system to fight infection and they become swollen after a cold, causing a blocked nose. They also lie next to a tube that runs from the nose to the ear (Eustachian tube), which drains fluid from the ear. This tube can become blocked when the adenoids swell causing fluid to build up in the ear (glue ear) resulting in hearing loss.

Adenoidectomy - child

Why are they taken out?

Adenoidectomy (removal of the adenoids) can help when there is difficulty breathing due to their size, or if glue ear, due to blockage of the Eustachian tube, does not get better. Glue ear is very common and if mild does not need treatment as it tends to go away with time. If hearing loss is severe, removing the adenoids sometimes combined with putting grommets (tiny tubes into the ear drum) can be useful in improving hearing.

Are there alternatives to adenoidectomy?

The adenoids tend to shrink as children reach school age so removal is not always necessary. Adenoidectomy is usually reserved for more severe or chronic cases.

Antibiotics and steroid sprays have been tried but are not usually effective.

What happens during the operation?

With your child asleep (under general anaesthetic) the mouth is propped open and an instrument like a sharp spoon is used to remove the adenoid tissue away from the back of the nose. It only takes 15 to 20 minutes. The bleeding is then stopped by pressing a gauze pad against the back of the nose.

Adenoidectomy - child

Is there any risk from the operation?

There are risks from all operations but usually adenoidectomy is straight forward. The commonest problem is bleeding. Fewer than 1 in 100 children having the operation will need emergency treatment for the bleeding. This may include returning to the operating theatre. There is a slight chance of infection and occasionally teeth may be damaged during the procedure.

Rarely following the operation there may be escape of air through the nose while talking. This usually settles without treatment. Other rare problems after adenoidectomy are a stiff neck or damage to the Eustachian tube.

How long will the operation take?

Your child will be away from the ward for approximately one hour. When the operation has finished your child will be taken to the recovery area. When they have started to wake up you will be able to see them.

What will happen when we get back to the ward?

A nurse will check your child's pulse rate and breathing rate at regular intervals until your child is fully awake and back to their normal self. Once your child is ready they will be given a drink. If they do not feel sick they will then be given something to eat.

Adenoidectomy - child

Will my child have any pain?

Your child will have been given some painkiller during the operation but they may complain of a sore throat afterwards. It is important that you tell your child's nurse if your child has any discomfort so that they can give them some medicine to make this feel better.

When can my child go home?

If your child has minimal or no pain, their temperature is normal, they do not feel sick and there is no excessive bleeding they will be allowed to go home. Your child will need to stay in hospital for a minimum of 6 hours after their operation to make sure there is no excessive bleeding.

Very occasionally the Surgeon or Anaesthetist may advise that your child needs an overnight stay in hospital at Doncaster Royal Infirmary.

Is there anything special I have to do to look after my child at home?

- Encourage your child to drink lots of fluids and eat normally
- Do not worry if your child sniffs or sneezes as this will not cause any problems
- It may be uncomfortable for your child to clean their teeth at first, but do encourage them to do this
- Keep your child away from cigarette smoke

Adenoidectomy - child



Will my child have any pain at home?

When you go home it is advisable to give your child regular painkiller medicine for the first 24 to 48 hours even if they do not complain of discomfort. After this you can give painkiller medicine as necessary. Paracetamol (Calpol) and/or Ibuprofen (Neurofen) can be used.

Are there any complications which I must look out for once at home?

Some children may swallow a little blood after the operation so do not worry if your child vomits when they get back to the ward or when they get home. If your child keeps vomiting blood or dark fluid seek the advice of either your G.P. or from the contact numbers given. Alternatively bring your child to the Accident and Emergency Department at Doncaster Royal Infirmary.

When can my child go back to school?

It will take a week or two for your child to recover fully and it is best to keep your child away from school or crowded places for about a week so they don't pick up any infections (your Surgeon will advise).

Will I need to see the Surgeon again?

The Surgeon will decide following the operation whether they need to see your child again in the outpatient clinic. You will be told this before you are discharged home.

How to contact us

Day Surgery

Telephone 01709 426500

Children's Ward 1

Telephone 01709 424271

Children's Ward 2

Telephone 01709 424049

Children's Assessment Unit

Telephone 01709 424053

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

The Oldfield Centre
The Rotherham NHS
Foundation Trust
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

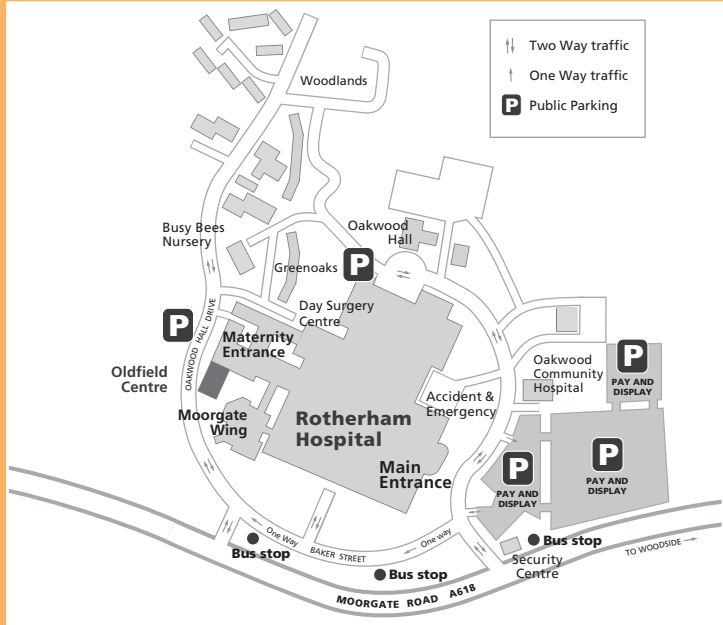
Telephone: 01709 424461

Monday to Friday
9.00am until 4.00pm

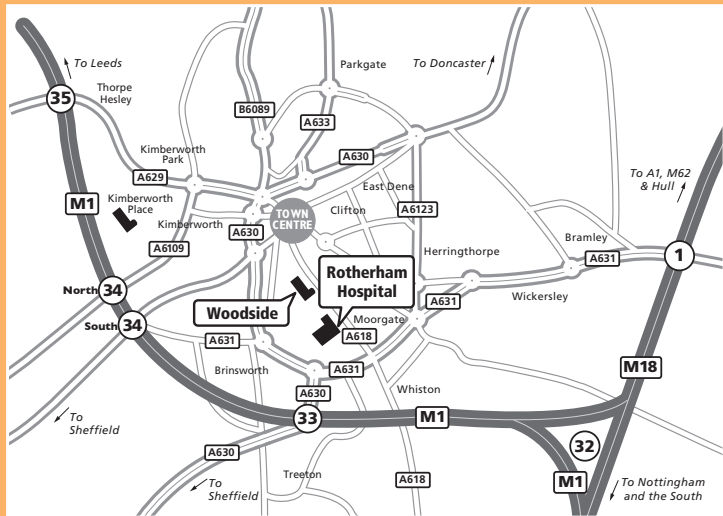
Email: yourexperience@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





Sustainable Forests / Low chlorine

LS 616 05/15 V3 Jones & Brooks



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk

