

Soreness of the throat and earache can be trouble some. Continue to give pain relief regularly and the pain/discomfort will settle within 7-10 days.

If you have any problems with: -

- Bleeding
- Swelling
- Increasing pain

contact your GP or Paediatric Unit

Paediatric Unit 023 9228 3344  
023 9228 6620

### **Consent- What does this mean?**

Before any doctor, nurse or therapist examines or treats you they must have your consent or permission. Consent ranges from allowing a doctor to take your blood pressure (rolling up your sleeve and presenting your arm is implied consent) to signing a form saying you agree to the treatment or operation.

It is important before giving permission that you understand what you are agreeing to. If you do not understand – ask.

### **Information we hold about you and your rights under the Data Protection Act**

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities!' for further guidance.

### **How to comment on your treatment**

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail portsmouthhospitals.patientexperience@porthosp.nhs.uk

### **Other sources of information:**

NHS Direct online:  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
Helpline: tel: 0845 4647

## **Adenotonsillectomy - Surgical removal of tonsils and adenoids**

Some details about your child's operation



Shipwreck Ward  
Queen Alexandra Hospital, Cosham  
Tel: (023) 9228 6391

### **Specialist Support**

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.



This leaflet has been given to you to help you answer some of the questions you may have about your child's Adenotonsillectomy operation.

### **What are tonsils and adenoids?**

You can see your child's tonsils in the back of the throat. You cannot see the adenoids because they are hidden above the floppy part of the roof of the mouth.

The tonsils and adenoids swell up to fight infection. Usually the swelling settles down after the infection passes, but sometimes, after many attacks of infection, the tonsils and adenoids do not shrink down properly and then antibiotics do not work very well.

Your child will have more attacks of tonsillitis. Each attack will last longer and be worse. Your child might find that breathing through the nose is difficult.

After taking out the tonsils and adenoids, there is plenty of gland tissue elsewhere in the head and neck and throughout the body to fight infection.

### **Are there any alternatives?**

Usually tonsils and adenoids shrink away on their own when a child reaches the age of twelve or thirteen. Waiting this long is not a happy prospect for a child and tablets or medicines will not make the tonsils and adenoids get smaller or go away. In your child's case the best option is to take out the tonsils and adenoids with an operation.

### **What happens during the operation?**

Your child will have a general anaesthetic and will be completely asleep and will not feel any pain during the operation.

A special instrument is passed down the back of your child's tongue. The tonsils and adenoids are freed and taken away. Any bleeding will be stopped. There are no cuts in the skin.

Your child should be able to go home later the same day.

### **What to do before coming into hospital**

You and your child will be asked to attend the ward the week before the operation is planned. This gives you the opportunity to have any questions answered by a qualified nurse/doctor. The doctor will also assess your child to make sure they are fit enough to have surgery. A consent form needs to be signed at this time, so it is important that you or a legal guardian accompanies your child to the clinic.

Please make sure that your child's stomach is empty before the operation in order to have a safe anaesthetic. You will be sent instructions explaining when to give your child their last food and drink with your appointment to come into hospital.

### **After the operation**

Your child may experience all or some of the following

- Sore throat
- Stiff jaw
- Mild earache

This can be helped by giving your child regular painkillers as directed by your doctor or pharmacist. The types of painkillers we advise are

- Calpol (paracetamol)
- Nurofen for children

### **Food and drink**

This has a very important part to play in your child's recovery. It is best to give your child whatever they normally have to eat or drink. This will help to keep their mouth and throat clear and free from infection.

### **School**

At least two weeks away from school is recommended. Every child is different so it is up to you to decide whether your child needs a few more days to recover. If in doubt please contact your GP.

### **Out and About**

A few days indoors is recommended. Your child should not feel unwell for long. Try to get back to a normal routine as soon as possible. Try to avoid contact with large crowds and anyone with an obvious infection such as a cough or cold for at least a week. Swimming should be avoided for at least three weeks.

### **Are there any problems after the operation?**

If you follow the advice given here, your child should not experience any problems.

Sometimes the surgeon has to control oozing of blood from the tonsil and adenoid area. This means tucking a length of gauze into the nose for 24 hours or so. When the surgeon is certain that the bleeding has stopped, the gauze is taken out. A second very short operation will be needed to do this.

Bleeding can also occur a week or so after the operation. This is usually due to an infection caused by not eating properly. If this happens, bring your child straight back to the ward for treatment.