

Advice following Adenoidectomy



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.



Your child's adenoids have been removed by a surgical procedure called an 'Adenoidectomy'.

Information about adenoids

The adenoids are located at the top part of the throat, behind the nose (nasopharynx).

The adenoids are made up of the same tissue as the tonsils. This tissue is capable of fighting off infections, which are breathed in through the nose.

The adenoids in a child begin to enlarge at the time when they come into the most contact with infections, usually when they begin playgroup or school. Gradually, as the child becomes older, the adenoids shrink and by puberty, they have completely disappeared.

Unfortunately, in some children, the enlarged adenoids can cause problems as they can help to cause hearing difficulties by blocking off the Eustachian tube, which leads to the ear.

This is why the operation of adenoidectomy is usually done in combination with an ear operation.

After the operation

Generally, this operation is not particularly painful. However, if your child does complain of any discomfort then we would advise the use of paracetamol / Calpol (do not exceed the recommended dose).

What should I let my child do when we get home?

It is advisable to keep your child away from crowded places, school and playgroups for one week after the operation. This allows for healing to take place and avoids your child coming into contact with coughs and colds.

After this, your child may return to normal activities.

What should I do if there are any problems?

If at any time there is continuous bleeding from your child's nose, then please return to the ward.
If you have any concerns or queries, please do not hesitate to contact us.

Paediatrics Unit,
Queen Alexandra Hospital
Tel: (023) 9228 3344

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
Helpline: tell: 0845 4647