



Spire Children and Young
People's Service

Patient information

Paediatric adenoidectomy

This leaflet provides some standard information and advice about having an adenoidectomy. However, you should always follow the instructions of your child's consultant.

If you have any unanswered questions or concerns, please do not hesitate to ask your child's consultant or nurse for more information. It is natural to feel anxious, but knowing what to expect can often help.

The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.

	Children's Ward: 0161 447 6914
	Out of Hours: 0161 447 6677
	info@spiremanchester.com
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Spire

Manchester Hospital

What are the adenoids?

The adenoids are small glands (lymphoid tissue) that are situated at the back of the nose. Adenoids act as a filter and swell in size when they are fighting infection. In some children they can cause problems by blocking the airway when breathing through the nose.

Infection of the adenoids may cause prolonged discoloured runny nose (nasal discharge or rhinorrhoea) and may affect the health of a child's ears. Removing your child's adenoids surgically may stop these problems occurring.

After the operation

When your child returns from the operation you may notice a small amount of blood around your child's nose. This is to be expected and can easily be wiped away.

Your child may complain of a dry throat after the anaesthetic but they can eat and drink normally. Your child's consultant may think it would be beneficial to have a follow up appointment with you and your child. This will be arranged if necessary.

Caring for your child at home

It is important that your child is kept away from people that have infections or colds. You are advised to keep your child off school or nursery for 1 to 2 weeks and to avoid crowded areas such as supermarkets and cinemas. Swimming should be avoided for 3-4 weeks following surgery.

Sometimes children who have had adenoids removed complain of earache. This can be helped by giving children's paracetamol regularly until the earache stops.

If your child had enlarged adenoids before the operation and had loud snoring, you may expect the snoring to stop. It usually takes some time for the adenoid bed to recover from surgery before you notice any difference.

After surgery it is recommended that your child wipes their nose rather than blows it for the first week.

Please contact us if your child experiences the following:

- Your child is in a lot of pain and pain relief does not seem to help
- Your child has a high temperature
- Excessive bleeding (small amounts of blood will occur 1-2 teaspoons)

If you have any questions or concerns, please do not hesitate to contact the paediatric team on 0161 447 6914 or main reception on 0161 447 6677.

Spire Manchester Hospital does not have an accident and emergency department therefore if your concerns are of a serious nature please seek immediate medical attention from your local accident and emergency department.