



University
Hospitals Sussex
NHS Foundation Trust

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Adenoidectomy



Information for parents and carers

What are the adenoids?

Adenoids are similar to tonsils but are situated at the back of the nose. Adenoids and tonsils help to fight germs and act as a barrier against infection.

As a child's immune system develops and gets stronger, the adenoids become less important. In most people, the body is able to fight infection without the adenoids.

After the operation

Your child will need to stay in hospital for a minimum of four hours after the operation. An overnight stay may be required in some cases.

Your child needs lots of rest for the first 2 days following the operation. Try to encourage quiet activities.

Your child can return to school after 5 days. They should avoid people with known infections during these 5 days, as well as public transport or crowded places. Encourage your child to eat and drink as normal.

Your child may need regular pain relief for the next 2 to 5 days. Paracetamol and Ibuprofen can be given according to what is stated on the bottle. Do not exceed the maximum dose in 24 hours.

Try not to let your child blow their nose. Dabbing will reduce the risk of bleeding.

If your child has a temperature, increased lethargy, fresh bleeding or you are worried in the first 7 days post op please contact the hospital on the numbers below. After 7 days please contact your GP.

Contact details

Level 7 Day Case Unit

01273 696955 Ext. 2381

Monday to Friday 7:30am to 7:30pm

Out of hours

Level 8

01273 696955 Ext. 2552

We will provide you with contact details of your nurse.

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**This leaflet is intended for patients
receiving care in Brighton & Hove
or Haywards Heath.**

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