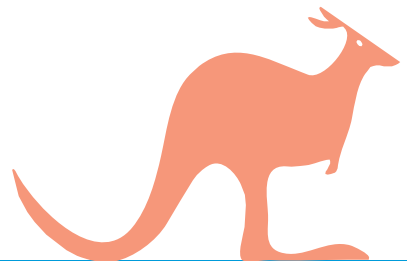


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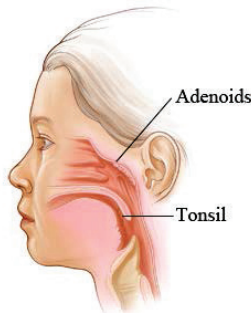
Adenoidectomy



Information for relatives 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 2-5 days. Paracetamol and Ibuprofen can be given according to what is stated on the bottle. Do not exceed the maximum dose in 24 hours.

Paracetamol: can next be given at: _____

Ibuprofen: can next be given at: _____

- 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.**

Monday to Friday 7.30am to 7.30pm

Level 7 Day Case Unit - 01273 696955 Ext. 2381

Out of hours

Level 8 - 01273 696955 Ext. 2552

Your named nurse is _____

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 639.2

Publication Date: February 2020 Review Date: February 2023

