



Isle of Wight
NHS Trust

Patient Information Leaflet

About Adenoid Surgery

Produced by:
Children's Services

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

What are adenoids?

Adenoids are small glands in the throat, at the back of the nose. They are there to fight germs.

Do we need them?

Your body can still fight germs without your adenoids. We only take them out if they are doing more harm than good.

Why take them out?

Sometimes children have adenoids so big that they have a blocked nose, so that they have to breathe through their mouths. They snore at night. Some children even stop breathing for a few seconds while they are asleep.

The adenoids can also cause ear problems by blocking the tube, which joins your nose to your ear.

The operation is performed whilst your child is asleep under a General Anaesthetic.

Does my child have to have his or her adenoids out?

Your adenoids get smaller as you grow, so you may find that nose and ear problems get better with time. Surgery will make these problems get better more quickly, but it has a small risk. You should discuss with your surgeon whether to wait and see or have surgery now.

Other operations

If we are taking adenoids out because of ear problems, we may put grommets in at the same time. We will tell you what this operation involves if we are going to do it.

Before the operation

Arrange for a week off school after the operation. Let us know if your child has a sore throat or a cold in the week before their operation – it may be safer to put it off for a few weeks.

How long will my child be in hospital?

This operation is now performed as a day case. Your child should be able to go home later the same day. Your child will have to remain on the children's ward for 4 – 6 hours following their operation. The nurses will keep a close eye on your child and check them before they go home. **Parents must have a telephone and their own transport.** There is a small risk of post-operative bleeding after this operation, if this occurs parents must be able to return their child to hospital without delay.

Can there be problems?

Adenoid surgery is very safe, but every operation has a small risk. As mentioned above the most serious complication is bleeding, which may need a second operation to stop it. However, bleeding does not happen very often.

During the operation there is a very small chance that we may chip or knock out a tooth, especially if it is loose, capped or crowned. Please let us know if your child has any teeth like this.

Some children feel sick after the operation. This settles very quickly.

A small number of children find that their voice sounds different after the surgery. It may sound like they are talking through their nose a little. This settles quickly.

Your child's throat may be a little sore

You will be given painkillers for your child to take. These will be issued with full written instructions on how much your child can take.

Prepare normal food. Eating food will help your child's throat to heal. Chewing gum will also help the pain (depending on your child's age).

Your child will have sore ears

This is normal. It happens because your throat and ears have the same nerves. It does not mean that your child has an ear infection.

Bleeding can be serious

After discharge you will be given 24 hours open access to the children's ward. If your child starts bleeding during that time you should bring your child back to the children's ward. Please telephone to let us know that you are coming.

If your child bleeds after 24 hours you should either contact your GP or take your child to the A&E department.

If you have any questions or problems please call:

The Children's ward on **(01983) 534691** (during the first 24 hours)
NHS 111 on **111** (from 24 hours onwards)

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.