



Children's Health Ireland
at Temple Street

Information For Parents and Carers About Adenoids

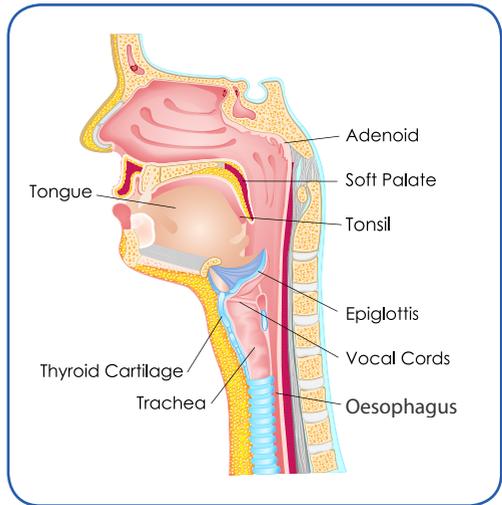


What are adenoids?

Adenoids are small glands in the throat. They are not visible as they are high in the throat behind the nose. They are there to aid the immune system.

Do we need them?

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



Why remove them?

When adenoids are large, they can obstruct breathing through the nose. Some children snore at night, and some may even hold their breath for a few seconds when sleeping.

Before your child's operation

Inform the ENT department if your child develops a cold sore, sore throat or high temperature in the week before surgery or if they have been in contact with measles, mumps or chickenpox as it will be safer to cancel the operation for three weeks. Also, avoid any vaccinations being given 48 hours before surgery.

How is the operation done?

Your child will receive a general anaesthetic. We will remove their adenoids through their mouth or nose. In some cases, the tonsils will be removed at the same time (read our leaflet on tonsillectomy).

How long will my child stay in the hospital?

The surgery /operation is usually a day case procedure. Your

child will be in the hospital for 4-6 hours after their surgery. Your child will be discharged home if they are eating and drinking and feels well enough.

Risks of an Adenoidectomy

Bleeding is the most severe complication and may require a second operation to stop it. Please inform the ENT department if anyone in the family has a bleeding problem. Adenoids can grow back, and revision surgery may be required if symptoms have also returned.

Rarely a tooth may be damaged during the operation.

A small number of children find that their voice sounds different after the operation- this usually settles with time.

What do we expect after the operation?

Bad breath can be present for two weeks after the operation. A sore throat is expected. Give pain relief. Ask the nursing staff or ENT team for advice.

Sore ears are also expected. It happens because your throat and ears have the same nerve supply. It does not mean your child has an ear infection.

Precautions to be taken after surgery

- Keep your child out of crèche or school for one week.
- Do not arrange a holiday abroad for three weeks after surgery.
- Avoid vigorous exercise for seven days.
- Avoid smoky, crowded environments. Keep your child away from people with colds.
- Your child may have a shower or bath.
- Your child should not go swimming for three weeks.

Outpatient Appointment

Your child will not need a follow-up appointment after their surgery.

Medication

After their operation, your child may complain of pain. You must give them paracetamol as instructed.



Emergencies

Go to your nearest emergency department if your child bleeds from their nose or mouth. Bleeding can happen up to fourteen days after their operation.

Department of Otolaryngology (ENT) Contact Numbers

Monday to Friday 8 am - 4 pm 01 878 4318 or bleep 785
outside these hours please contact the
Emergency Department through the hospital switchboard
01 878 4200

ENT Consultants

Professor Helena Rowley	Professor Michael Colreavy
Mr Stephen Kieran	Ms Eimear Phelan
Ms Ann O'Connor	Ms Colleen Heffernan

ENT Clinical Nurse Specialists

Mairead O'Leary	Kathy Roche
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