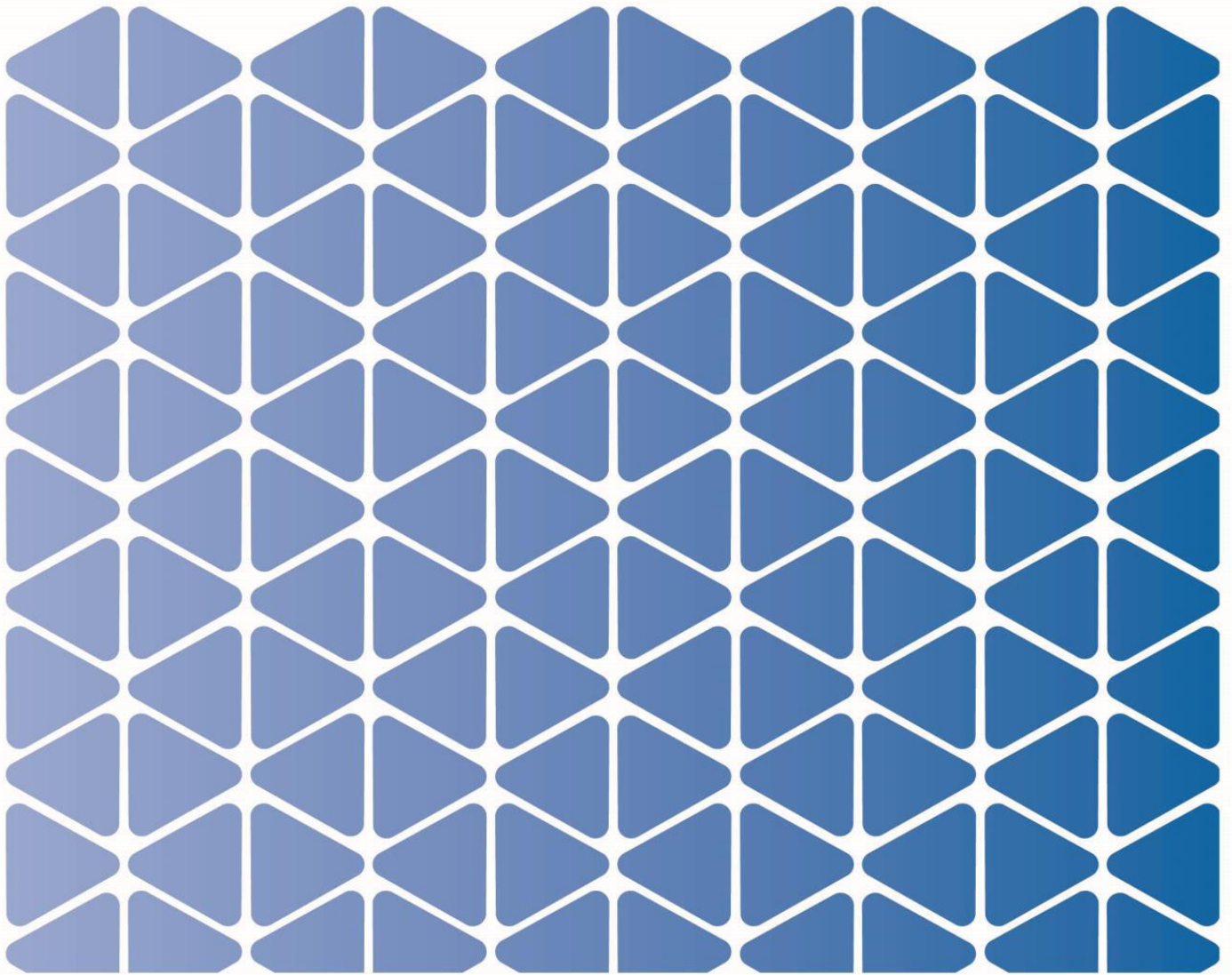




PATIENT INFORMATION - FOR PARENTS

ADENOIDECTOMY - WHAT YOU CAN EXPECT



What is an adenoidectomy?

It is a surgical procedure to remove the adenoids. The adenoids are to be found behind the nasal passages. Enlarged adenoids can cause problems such as noisy breathing, snoring, disturbed sleep and hearing loss.

How is the procedure carried out?

The adenoids are removed under a general anaesthetic, so your child will be asleep throughout the operation. Adenoids are removed through the mouth. Your child will be away from the ward for around 45-60 minutes.

Advice after adenoidectomy

When your child returns home they must rest for a few days. Keep out of contact with non-family members, avoid crowded areas and stay in a smoke-free zone for one week following surgery to reduce the chance of infection. We advise that they take between two days and one week off school and avoid activities such as swimming during this time.

Your child may need regular Paracetamol, e.g. Calpol, after the operation. Follow the instructions on the bottle. It may be useful to give Paracetamol, e.g. Calpol, half an hour before meals to ease swallowing.

Your child may snore and have nasal stuffiness for several weeks until the swelling settles. Stop your child from blowing their nose for the first few days (and only allow gentle blowing for 10 days after this).

Possible complications following adenoidectomy

Bleeding from the nose, a high temperature (38.5°C+) and/or persistent pain which is not being relieved by regular doses of painkillers.

Please contact Riverbank Ward at Worcestershire Royal Hospital on 01905 760588 if you have any concerns within the first 24 hours. After the first 24 hours please contact your GP with any concerns.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.