

## Helpful Contact Numbers:

Arthur Levin Day Surgery Unit  
Weekdays 8am – 6pm: 01553 613555

Rudham Ward 24 hour 01553 613844

Alternatively out of hours you can attend  
Accident & Emergency.

NHS Online 111

Emergencies 999

Your child/young person will need to stay off school for 5 – 7 days following adenoidectomy or 10 – 14 days after a tonsillectomy and to avoid active coughs and colds. This will help prevent throat infections while the throat is still healing. Infections in the first couple of weeks can cause the wounds to bleed.

### What if there are any problems?

Any bleeding must be checked out by a medical professional as a matter of urgency especially if bleeding occurs within the first 48 hours.

You may be prescribed antibiotics for your child/young person if so please follow the instructions and complete the course.

If your child/young person needs to come back to the hospital for a check-up appointment this will be given or sent out to you.

Be aware that the appearance of a white or yellow sloughy covering of the tonsils is normal and does not mean your child has an infection.

However, if your child/young person develops a fever, or is unable to eat and drink due to severe pain not relieved by pain killers, please seek medical attention.

### Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343

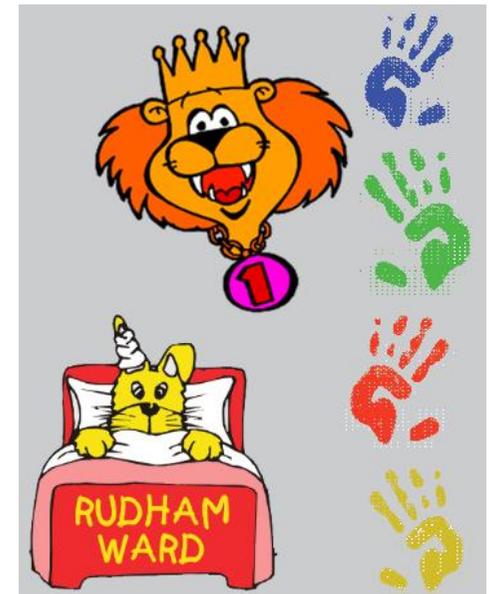
**Email:** [pals@qehkl.nhs.uk](mailto:pals@qehkl.nhs.uk)

**Letter:** PALS, The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, Gayton Road, King's Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

# Adeno- tonsillectomy

## Paediatrics



This document can be provided in different languages and formats. For more information please contact the department where you are/were seen.

The Queen Elizabeth Hospital King's  
Lynn NHS Foundation Trust  
Gayton Road, King's Lynn PE30 4ET  
Tel: 01553 613613

## **What are tonsils and Adenoids and where are they?**

The tonsils are situated at the back of the throat one each side, and the adenoids are at the back of the nose. They are made up of lymphoid tissue which helps to fight off infection from germs that are breathed in or swallowed.

## **Why your child may need their tonsils and/or adenoids removed:**

Tonsillitis can be caused by bacterial or viral infections; these often cause pain, fever and difficulty swallowing and can make you feel generally unwell. Frequent attacks may mean your GP will need to refer your child/young person to an ear, nose and throat (ENT) specialist. They may decide that the tonsils need to be removed.

The adenoids can also become swollen after repeated infections and this can lead to mouth breathing, snoring and possible hearing loss. If this is seriously affecting your child/young person your GP may refer them to have adenoids removed.

**Are there any risks?** Every operation carries some risk of infection and bleeding during and after the operation. Around 5-7% of children and young people experience bleeding and require further treatment to stop this. If deemed necessary antibiotics may also be prescribed.

Every anaesthetic carries small risk. Modern anaesthetics are very safe and your child/young persons' anaesthetist is an experienced doctor who is trained to deal with any complications.

After an anaesthetic some children/young people may feel sick and/or vomit. They may also have a headache, earache or a sore throat, and feel dizzy. These effects are often very short lived and not severe.

**Are there any alternatives?** In children & young people, a long course of antibiotics may break cycles of infections, or they may simply stop after a few years as your child/young person matures. Surgery is recommended for problematic recurrent episodes as this is the only dependable way to prevent tonsillitis that keeps coming back.

**What happens before the operation?** Doctors and Nurses will explain the operation in more detail and discuss any worries you may have. If your child/young person has any medical problems including allergies, please tell the Doctors. Your child/young person will be required to remain fasted before the operation and the appointment letter will explain this.

**What happens afterwards?** After the operation your child/young person will return to the ward to wake up fully from the anaesthetic. Because of a small risk of bleeding your child/young person will be observed and monitored on the ward for a period of time (at least six hours for tonsillectomy) this will be advised on the day.

Once assessed by a nurse as safe, and feeling comfortable your child/young person will be allowed to have a drink.

Tonsillectomy patients sometimes require an overnight stay, this will be decided at pre-assessment. The length of stay in hospital for patients depends on many factors including how quickly your child recovers; your child/young person will never be sent home before you are happy to go. A small proportion of day case patients may require an overnight stay, we will support you with this, and inform you at the earliest opportunity should this become likely.

For day case surgery your child/young person should have an escort with them to look after them whilst they are driven home.

**Eating and drinking:** Evidence based research shows that children recover much better if they eat normally and drink plenty of fluids after their operation. This keeps the muscles of the throat active, and can help with pain symptoms, and help the wounds heal more quickly.

If your child/young person refuses to eat and drink they will have more discomfort, it will take longer to get better, and infections may follow leading to other complications such as bleeding.

**Going home:** Pain can be problematic, especially worse in the morning, encouraging drinks will ease this, and giving painkillers 30 minutes before mealtimes can encourage eating

Pain relief medicines should be given according to the instructions on the product.