

Patient information

Adenoidectomy

Ear Nose and Throat Department

Your consultant has advised that you have an adenoidectomy.

What is an adenoidectomy?

This is an operation to remove your adenoids. These are areas of "lymphoid" tissue at the back of your nose.

This operation is usually performed as a day case.

Admission for a day case procedure requires you to have an escort home, access to a telephone and a responsible adult to stay with you overnight.

What are the benefits of having an adenoidectomy?

Having an adenoidectomy should help you to breathe through your nose more effectively and may reduce any snoring.

Removal may also help in cases where your hearing is impaired due to blockage of the air passageway to the middle ear.

What are the risks of having an adenoidectomy?

Bleeding: can happen **immediately** after your operation as a result of a small blood vessel bursting. If this happens you may be given fluids through a drip or a blood transfusion and occasionally return to theatre, but this is unusual.

Infection: this usually starts with a raised temperature and possibly some bleeding.

Pain: this can be relieved with appropriate painkillers that will be prescribed for you. It is advisable to take your painkillers regularly for at least a week and longer if necessary, to maintain levels of pain relief in your system.

Voice change: there is a small possibility that you may notice a change in the tone or pitch of your voice. There is a small possibility that this may be permanent.

Food/fluid regurgitation: during the healing process you may experience food coming into your nose. This is unusual but will settle once you are swallowing normally.

Injury to teeth and gums: every care is taken to prevent this. However due to the instruments used, occasionally damage can happen.

You may change your mind about the operation at any time, and signing a consent form does not mean that you have to have the operation. If you would like to have a second opinion about the treatment, you can ask your specialist. He or she will not mind arranging this for you. You may wish to ask your own family doctor (GP) to arrange a second opinion with another specialist.

Are there any alternative treatments available?

There are no alternative treatments and without surgery your symptoms would continue.

What sort of anaesthetic will be given to me?

You will be given a general anaesthetic. General anaesthesia is a drug-induced unconsciousness: an anaesthetist, a doctor with specialist training always provides it.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

For more information, please ask for a copy of the Royal College of Anaesthetists patient information "You and Your Anaesthetic"

If you are worried about any of these risks, please speak to your Consultant or a member of their team.

Getting ready for your operation

- You will be seen in the pre-assessment clinic before you are admitted to hospital. Here you may have blood tests and a heart trace if necessary.
- You will be assessed to see if you are fit for an anaesthetic and you may be asked to sign your consent form to say that you understand the procedure, and what the operation involves. You will be able to discuss the operation with the nurse practitioner.
- You will be asked routine questions about your health, the medicine you take at the moment and any allergies you may have.

The day of your operation

- You will come into hospital the day of your operation.
- Before your general anaesthetic, you must not eat for a minimum of six hours or drink for a minimum of three hours. You will be told when this is to start.

- You will be asked to remove jewellery: plain rings will be taped.
- Please do not wear makeup.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30 and 4.30 Monday to Friday. Therefore, if you are discharged outside these times we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safekeeping.
- Please leave body piercing at home. False nails and nail polish will need to be removed if worn.
- If you are on regular medication you will be advised as to whether you should take it. Please bring all your medications into hospital with you.
- You will be asked to put on a gown and disposable underwear. You may bring in with you a dressing gown and slippers.
- A bracelet with your personal details will be attached to your wrist.
- A porter will take you to the operating theatre.
- If you have dentures, glasses or a hearing aid they can stay with you on your journey to the operating theatre. They will be removed whilst you are in the anaesthetic room and kept with you until you arrive in the recovery area. Once you are awake they can then be put back in place.
- When you arrive in the theatre waiting area, a nurse will check your details with you, you will then be asked to put on a disposable hat.
- You will then be taken to the anaesthetic room.

What should I expect after my operation?

- After your operation you will be kept in the recovery room in theatre before being transferred back to the ward.
- A nurse will check your pulse, blood pressure, and breathing and wound regularly.
- Your throat may be sore, and you may have earache. This is normal, as your nose, throat and ears have the same nerve supply. It is important that if you feel any pain you must tell the nursing staff so they can give you painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetics can make some people sick. If you feel sick we advise you not to drink until this feeling goes away. The nursing staff will offer you an injection to take the sick feeling away.

Please tell the nursing staff if you are swallowing or spitting fresh blood.

The first time you get out of bed please ask a nurse to accompany you, as you may feel dizzy.

Going Home

Your doctor/nurse practitioner will normally discharge you on the day of your operation.

Because you have had a general anaesthetic, for the next 24 hours **you must not**

- Travel alone.
- Drive any vehicle e.g. car or ride a bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions; sign any business or legal documents.
- Drink alcohol.

You **should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

Discharge Information

If you see bright red blood at the back of your throat, start to spit out fresh blood or have a nosebleed you need to go to the Emergency Department (A&E) as soon as possible.

Pain relief and medication

The nursing staff will organise any necessary medication that has been prescribed for you to take home. It is important that you take these as directed: any repeat prescriptions can be obtained from your family doctor (GP).

Getting back to normal

It will take some days to recover from your operation and it is normal to feel more tired than usual for a few days. If you are a parent or a carer you will need some support during this time.

Returning to work

Due to infection risks, you will require two weeks off work unless working from home. You can self-certify for the first seven days of sickness. Before you are discharged, a medical certificate (fit note) can be issued at your request by the ward staff to cover the expected time off you will need. For further fit notes you will have to see your GP.

Further Appointments

An outpatient appointment will be arranged and sent out to you.

Feedback

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Patient Notes:

Further information

If you have any further questions, or require further information, please contact the ward where you had your surgery or the Nurse Practitioners.

ENT Nurse Practitioners

Tel: 0151 706 2290

Text phone number: 18001 0151 706 2290

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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