

Care at home

Pain – regular pain relief will be required for a few days at home. Usually paracetamol is recommended and should be given as directed on the box. Pain relief should be given at regular intervals and should be given 20 minutes prior to meals.

Outpatient appointments can be made if it is necessary. If there are any problems, contact the ENT Outpatients department.

Bleeding is rare but can occur. If this does occur, go to your nearest Emergency Department.

You should encourage your child to eat a normal diet and drink plenty of fluids.

It is recommended that your child does not return to school and avoid crowded area for 7-10 days.

Occasionally after surgery, when your child takes fluids, it may pass down through their nose. This is not uncommon but if it does occur, you should contact your ENT team.

Contact Details:

CHI at Crumlin

Phone: 01 409 6100



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Sláinte Leanaí Éireann



Children's Health Ireland

Information Leaflet for Parents / Carers of a child

ADENOIDS



Children's Health Ireland at Crumlin

Phone: 01 409 6100

What are Adenoids?

The adenoids are lymphoid tissue. They are located in the back of the throat behind the nose, close to the tonsils. They cannot be seen through the mouth. They work as part of the body's immune system, by filtering germs that attempt to invade the body. Although they are of the body's defence against infections, similar tissue exists in other parts of the body that perform the same job, fighting infection. Therefore, removal of the adenoid, does not harm the body's ability to fight infection.



How do adenoids cause problems in children?

- Glue ear (otitis media with effusion)
- Snoring and apnoea
- Several nasal blockage

Why are they removed?

- If they block the nose
- Cause excessive snoring
- When children require a second set of grommets.

Enlargement of the adenoids is rare after puberty.

Diagnosis of enlarged adenoids

- Detailed history from parents.
- Nasoendoscopy (this is where a small tube with a camera is passed down the nose to see the adenoids)
- X-Ray

The Operation (*Adenoidectomy*)

Adenoidectomy is not a very sore operation. Children recover very quickly.

Your child will require a general anaesthetic to have their adenoids removed. Your child will need to be admitted to the hospital. It can alter the speech afterwards. In rare cases, speech therapy may be required after the surgery.



Following Surgery

Your child will be tired and will need some rest after the surgery. Children frequently feel and get sick following the surgery. This is due partly to the surgery and the general anaesthetic. Pain relief is given whilst your child is in surgery. It will also be given at

regular intervals during the following few days.

Complications after the surgery

- Green nasal discharge / upper respiratory tract infection.
- Bleeding is rare but if bleeding does occur, it is usually within the first 6 hours after the surgery. It presents as a steady ooze from the nose and is usually not severe. Some children may require to go back to theatre, although this is a rare occurrence.
- Children go from speaking with a blocked nose to speaking with air coming through. Some children have excessive air coming through their nose after the surgery. This usually settles within 3 weeks. Occasionally, child may need speech therapy or on rare occasions surgery to their palate to correct this.

