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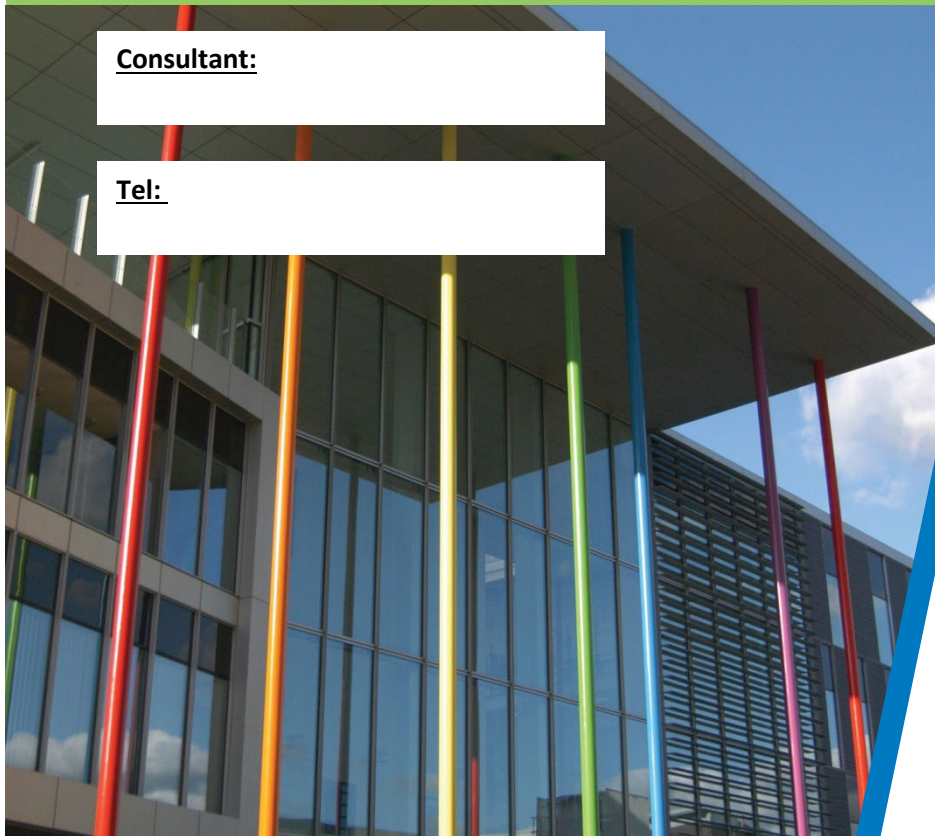
## Royal Manchester Children's Hospital

# Tonsillectomy and Adenoidectomy

Information for Parents, Carers and Patients

**Consultant:**

**Tel:**



# **This information leaflet describes the operation to remove the tonsils and adenoids, and what to expect when your child comes into the Royal Manchester Children's Hospital**

## **What are the tonsils and adenoids?**

The tonsils and adenoids are made up of a type of tissue called 'lymphoid tissue'. They are a small part of a larger system that helps your child build immunity and fight infection. Your tonsils sit on either side at the back of your throat. The adenoids are not visible as they are high up behind your nose.

## **Why are the tonsils or adenoids removed?**

There are a number of reasons why your child may need their tonsils and/or adenoids removed. One common reason for a tonsillectomy (surgical removal of the tonsils) is for repeated bouts of tonsillitis.

Large tonsils and adenoids can sometimes partially block your child's airway causing them to breathe through their mouth and snore. This can lead to a condition called obstructive sleep apnoea (OSA) or sleep disordered breathing (SDB).

Large adenoids may block the connecting passage between the back of the nose and the middle ear. If this passage is blocked, 'glue ear' or recurrent ear infections may occur.

## **How are the tonsils and adenoids removed?**

They are both removed through the mouth while the child is under general anaesthetic. The technique we use to remove the tonsils and adenoids is called coblation, a word derived from "controlled ablation". This technique uses low-temperature radiofrequency and a saline solution to gently and precisely remove adenotonsillar tissue. The risk of injury to the surrounding tissue is much lower than with conventional cautery, and children return to

their normal activities more quickly.

## How long does the operation take?

The operation usually takes about 20 minutes but following the procedure, your child will be in the recovery room for approximately 30 minutes.

## Will my child have any pain following the operation?

It is normal after surgery for your child to experience some throat pain. With a tonsillectomy, this may last 5-7 days, but can persist anywhere up to 2 weeks after surgery. Pain relief will be given whilst in hospital and you will need to continue to give regular pain relief until at least 7 days after the operation. Your child may also experience earache following discharge, for which you may give them pain relief medicine. Often little or no pain is experienced following an adenoidectomy (removal of the adenoids). It is quite common after surgery for slough to develop on the tonsil bed. This may look yellow or green, often has a bad smell and can last for up to a week after surgery. This is normal and is part of the body's natural healing process. It does not necessarily indicate an infection and is not routinely treated with antibiotics.

## What pain relief will my child need at home?

You will need to have a supply of Paracetamol and Ibuprofen in preparation for your child's discharge. On discharge the ward nurses will inform you of the times pain relief was last given..:

- **Paracetamol** (Calpol, Disprol or Medinol): This is a very sweet

medicine or a white tablet.

- **Ibuprofen:** This can be taken as a tablet or syrup. It can occasionally cause headaches or drowsiness. Sometimes it can cause stomach upset so it is best given with food.

**You will need to follow the instructions on the bottle.** Do **NOT** give more than the recommended dose written on the bottle. Regular pain relief will help your child's recovery. If you are worried about your child's pain or pain relief please contact your GP or the hospital ward (Please see telephone number on the front of this leaflet).

## How long after the operation is it before my child can eat or drink?

Your child can drink as soon as they are awake. Nursing staff will advise you when your child may eat. Thereafter you should encourage your child to eat and drink normally as this will help to relieve their sore throat and aide healing.

## Are there any complications following surgery?

Every operations carries some risks. There is a very small risk of some bleeding following surgery. If this does occur, it may be necessary for your child to return to theatre to stop the bleeding or, more rarely, to have a blood transfusion. The equipment used to perform the operation can very rarely cause damage to the teeth, lip or soft palate. There is also a very small risk with any anaesthetic. However, modern anaesthetics are very safe.

## How long will my child be in hospital?

In nearly all cases, your child will be able to go home the same day as the

surgery. Your surgeon will decide this according to your child's medical history and general health. If they can go home the same day, this is usually about three hours after they arrive in recovery. If your child's surgeon decides they need to stay longer, this is likely to be an overnight stay and you should be able to return home the following morning.

## **Will I need transport to take my child home?**

Yes. You should arrange a car to take your child home in.

To avoid your child catching any infections, do not use public transport.

## **Are there any things I need to watch for when my child goes home?**

Earache is a common problem following tonsillectomy. If it is severe and not relieved by Paracetamol and Ibruprofen, seek medical advice.

Bleeding may occur for up to 2 weeks after the operation, although this is rare. If you notice any fresh blood from your child's mouth or nose, please either contact the hospital immediately on the telephone number on the front of this leaflet or take them to your nearest Accident and Emergency Department.

## **How long will my child need to be away from school?**

Your child can go back to school once you feel they are back to normal. This is usually within 1 week but can sometimes take up to 2 weeks. During this time, your child should only have contact with your immediate family to reduce the risk of them catching any infections. Your surgeon will discuss this with you after the operation.

## Will my child need to be seen at the hospital again?

Most children having their tonsils and/or adenoids removed will not normally require a follow up appointment.

If your child does require an appointment at the hospital, nursing staff will tell you before you leave the ward.

If your child is unwell in anyway when they are due to come into hospital, please contact the Admissions Department for advice.

**If you are worried about anything or require further information please contact the ward.**

## Questions

We understand that there may be questions that either you or your child would like answering. Most of us forget what we were going to ask the doctor or the nurse.

Please write your questions below.

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## No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital

buildings or grounds, except in the dedicated smoking shelters in the grounds of our Hospital site.

For advice and support on how to give up smoking, go to [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree).

## Translation and Interpretation Service

**It is our policy that family, relatives or friends cannot interpret for patients.** Should you require an interpreter, please ask a member of staff to arrange this for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليترتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

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我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。

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