

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

Clare Park Hospital

Switchboard – 01252 850216



Information for Patients on

Adenoidectomy

The ENT Partnership – Surrey Clinic

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Introduction

Adenoidectomy is a common operation to remove the adenoid from the space behind the nose. It can be performed as a single procedure, with a tonsillectomy, grommet insertion or cauterly to the nasal lining.

The adenoids are part of the immune system of similar tissue to the tonsils. They may increase in size causing blockage of the nose or the tube to the ear or become infected. Removing the adenoid does not affect the body's ability to fight infections.

Procedure

The operation is performed under general anaesthetic (fast asleep). The adenoid is usually removed through the mouth by either a sharp curette or by use of cauterly, which is an electric current. Occasionally small amounts of adenoidal tissue are removed through the nose, particularly in adults.

Alternatives

Your doctor will have discussed the alternatives to surgery, which include a period of observation or treatment with medication such as nasal sprays, drops or antibiotics.

The ENT Consultants are

Jonathan Hern FRCS (ORL).

Appointed to Frimley Park Hospital in 2003. Special interest in rhinology including rhinoplasty surgery and also voice problems.

David Jonathan FRCS.

Appointed to Frimley Park Hospital in 1991. Special interest in ear surgery, including implantable hearing aids. Involved in the regional training of ENT surgeons.

Andrew McCombe MD FRCS (ORL).

Appointed to Frimley Park Hospital in 1995. Special interest in head and neck surgery. Involved in the management of NHS services. Special interest in medicolegal work.

Pre-operative assessment & care

There will be a preoperative check about two weeks before the operation. If you, or your child, have a cold in the week before the operation please contact your consultant's secretary as the operation may have to be postponed. The admission is on the morning of surgery. Afterwards you will return to the ward and will often be discharged that day.

After the Operation – what to expect

There is little pain after an adenoidectomy. You, or your child, will be observed on the ward for bleeding for a minimum of 4 hours.

After discharge home

You may notice blood stained discharge from the nose after going home. Usually the nose takes several days to clear.

You, or your child, will be tired and should rest for a few days. We recommend one week off work or school.

Risks

Bleeding is a rare complication of adenoidectomy that may occur up to two weeks after surgery. If there is more than a tablespoon of bright red blood from the nose or mouth please contact the ward immediately.

Usually the bleeding will settle and needs only a period of observation. A small number of patients need a return to the operating theatre to stop the bleeding.

If any problems arise after you have gone home please contact the ENT ward

Sources of additional information

The Surrey & Hampshire ENT Partnership
www.entpartnership.co.uk

British Association of Otorhinolaryngologists
www.entuk.org