

My Planned Care Patient Information Platform

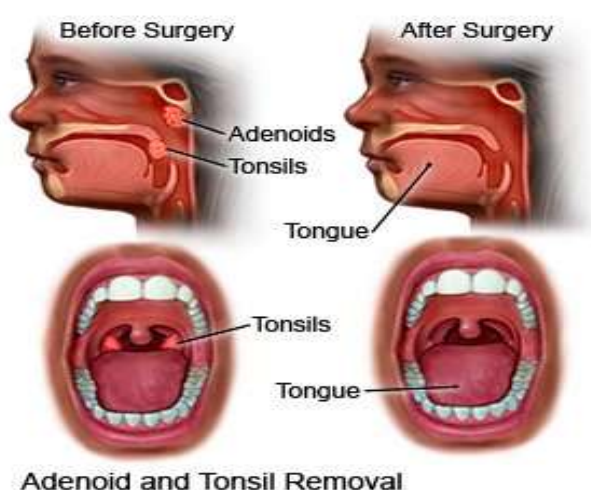
Paediatric Surgery - Adenotonsillectomy

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

What is an Adenotonsillectomy?

An Adenotonsillectomy is the removal of the tonsils and adenoids at the same time.



Why do I need an Adenotonsillectomy?

- An Adenotonsillectomy is usually performed in children who have problems associated with sleeping. Children who have problems associated with snoring or obstructive sleep apnoea should be assessed as to whether they need to have their tonsils and adenoids removed.
- If your child has large tonsils, or has had severe or frequent bouts of tonsillitis





What are the benefits?

- Your child should get relief from a blocked or runny nose and may get a better quality of sleep
- If your child's adenoids are large, removing them will allow air to pass through your child's nose while they are talking and eating. This may improve the quality of your child's voice
- Tonsillitis happens if the tonsils become infected. This causes pain, fever and difficulty swallowing and can make your child feel unwell. Removing them will eliminate this.

Are there any alternative treatments?

Your doctor may be able to give you steroid nasal sprays to improve your child's symptoms of a blocked nose and reduce the size of the adenoids.

There are no other treatments for enlarged adenoids other than to leave them alone and wait for the problem to get better.

Surgery is the only dependable way to stop tonsillitis that keeps on coming back.

What happens before the surgery?

- Complete any blood work or other doctor appointments, as directed by your surgeon, in a timely manner.
- Do not take aspirin or ibuprofen-containing medications within 7 days of the operation.
- **Your child can drink sips of water but should not eat, after midnight on the day of the operation.**





What happens during the surgery?

Your child will be taken to the operating room. Once there, anaesthesia will be given to sedate him or her for the procedure, which typically lasts 30 to 45 minutes. The doctor will use surgical instruments to remove the tonsils and adenoids. With almost all tonsillectomies and adenoidectomies, the glands are removed through the child's mouth.

There are no cuts to the skin and no visible scars. The technique used will depend on your child's symptoms and age

Once the procedure is over, your child will be taken to a recovery room for close monitoring for the next few hours.

What happens after surgery?

For some children, **the sore throat gets worse 5 to 8 days after surgery**. Gray or white film will appear where the tonsils used to be. About a week after surgery, this film will come off and your child may have a sore throat again for a day.

Drinking plenty of fluids will help to decrease the discomfort. Full recovery from a tonsillectomy and adenoidectomy typically takes about one to two weeks. During that time, your child can return to a normal diet straight after surgery including rough and smooth food.

It is recommended that your child avoids exposure to environments where there may be others with infections (coughs/colds) initially.

Recommend using regular pain relief for at least the first week and potentially for 2 weeks.

What are the risks of surgery?

Children usually have few side effects after a tonsillectomy and adenoidectomy, however, there are risks involved with any surgical procedure, such as breathing problems and medication reactions related to anaesthesia, though these are rare.

Other potential risks of a Adenotonsillectomy include:

Bleeding during the surgery, immediately afterward, or at home	Dehydration from not drinking enough fluids
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Difficulty breathing from swelling after the surgery	Infection at the site of the surgery
Earache may occur due to referred pain from the throat,	
Injury to teeth, lips and gums	

Reducing the risk of infection

- Avoid mixing with others who have coughs and colds
- Avoid hard or scratchy foods and other acidic foods that can sting the throat – though this can be avoided with the use of regular pain relief.

General health and wellbeing information

For more general health advice or guidance on how you can support yourself while waiting to attend the hospital for your treatment, please refer to the “General Health Advice” document on Trust’s section of My Planned Care website:

<https://www.myplannedcare.nhs.uk/seast/ashford-st-peters/>

Diabetes

If your child is diabetic, keep his/her blood sugar levels under control around the time of their procedure.

COVID-19 vaccination

If you have not had the coronavirus (COVID-19) vaccine, you may be at increased risk of serious illness related to COVID-19 while you recover. Speak to your doctor or healthcare team if you would like to have the vaccine.

What should I do if my health is deteriorating?

If your child’s condition worsens or he/she develops or experiences any of the symptoms listed below; you should go to your nearest A&E straight away:

Bright red bleeding from their mouth.	Blood in their sick, or black or brown sick.
Very high temperature,	They feel hot or shivery.





Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

Cancelling your appointment or surgery

We understand that some patients may choose to have their appointment and treatment elsewhere, and we advocate patient choice on where you access treatment.

However, we do ask that if you no longer require an appointment with us, you notify us at the soonest possible opportunity so that we can remove you from the waiting list. This can be done via telephone or online.

To change or cancel your surgery admission date, please telephone the contact number on your admission letter between 09:00 -16:00 hours Monday to Friday.

Contact Us:

To change or cancel your routine outpatient appointments or for further information, please refer to the contact details below:

Call:	Email:	Website:
Surrey & Sussex Healthcare NHS Trust ☎ 01737 231958	<u>sash.pals@nhs.net</u> For My Planned Care enquiries	<u>Surreyandsussex.nhs.uk</u>

