

## No. 2

### Information about adenoidectomy

This guide is a supplement to the verbal information provided by the clinic staff.

#### **Anesthesia:**

The sedation is performed by an experience anesthesiologist. You can accompany your child until he/she is asleep. During the surgery you can stay at the waiting area.

#### **Surgery:**

At the bottom of the nasal cavity (the nasopharynx) is an area lined with lymphoid tissue, referred to as the adenoids. In some children the adenoids may increase in size and cause blocking of the nose. Enlarged adenoids may also compromise middle ear ventilation. If symptoms are severe, adenoids can be removed for relief.

The surgery is performed under general anesthesia. The adenoidectomy is performed with access to the nasopharynx from the oral cavity. The surgery takes 10-15 minutes. After the surgery a mild bleeding from the nose or mouth can occur. Your child will be observed in the clinic until the bleeding has stopped.

#### **After the surgery:**

Once your child is sufficiently awake to breathe on its own, it will be taken to the post-operation room under the care of a trained nurse. You can sit next to your child while he/she becomes fully awake. There may be other children and parents in the post-operation room.

#### **At home again:**

Your child will be awake after a short time but may seem tired for the rest of the day.

For the first 48 hours we recommend rest and for the first 24 hours cold fluent meals i.e. ice-cream, fruit juice.

Episodes of self-limiting bleeding from the nose or mouth may occur after sneezing or coughing. If needed you can contact the clinic in our opening hours or Region Midt Vagtlæge outside opening hours.

#### **Complications:**

Bleeding and infection rarely occur.