



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## **PATIENT INFORMATION**

# **Adenoidectomy Surgery**



## **ADENOIDECTOMY SURGERY**

Your name has been put on the waiting list for the above operation.

### **REASON FOR OPERATION**

Improve airway space at the back of the nose.

### **SYMPTOMS**

If the adenoid grows very large it can block the back of the nose causing mouth breathing, chronic infections, snoring and problems eating. It can also effect the ears by blocking the end of the Eustacian tube which allows air into the middle ear. This can cause regular earache.

### **PURPOSE OF THE OPERATION**

To remove the adenoid tissue from the back of the nose (postnasal space) reducing the above symptoms.

### **PROCEDURE**

The operation is performed through the mouth and usually takes about 10 minutes.

### **HOSPITAL STAY**

You will need to have nothing to eat or drink at least 6 hours prior to attending the hospital for your operation. The operation is performed under general anaesthetic as a day

case procedure. You will need a responsible adult to take you home and stay with you overnight.

## **CONSENT**

Written consent is usually taken when your name is placed on the waiting list for the operation. Alternatively it can also be taken at the pre-operative screening clinic or on the day of the surgery by the ENT surgeon.

## **RISKS**

There is a risk of bleeding from the place where the adenoid is taken out. In the unlikely event that this should happen, you will be transferred to Aintree University Hospital, Fazakerley to be kept in overnight for observation on the ENT ward. In severe cases it may be necessary to return to theatre to stop the bleeding.

## **POST-OPERATIVE CARE**

There may be a little blood stained discharge from the nose and/or mouth afterwards but this will quickly settle down. Post-operative pain is generally minimal and reduced by icy or cold foods. Mild pain killers can be taken if required. You will need to be off work or school for at least 10 days.

## **ALTERNATIVE NON-SURGICAL TREATMENT**

The adenoids may become smaller naturally with the passage of time.

This patient information leaflet is intended to be used to support the discussion with the doctor during your clinical consultation. If there is anything you do not understand or

are unsure about, please ask the doctor at your appointment or contact staff on the numbers below.

Lynn Brown, ENT Nurse Practitioner  
ENT Outpatients Department  
Ormskirk & District General Hospital  
(01695) 656885

Lynn Brown, ENT Nurse Practitioner  
ENT Outpatients Department  
Southport District General Hospital  
(01704) 705227

Additional sources of information can be found online at:

[www.entuk.org](http://www.entuk.org)  
[www.nhs.uk](http://www.nhs.uk)

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

- Your own GP
- Lynn Brown, ENT Nurse Practitioner  
Ormskirk & District General Hospital  
(01695) 656885
- Lynn Brown, ENT Nurse Practitioner  
Southport District General Hospital  
(01704) 705227

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

[www.entuk.org](http://www.entuk.org)  
[www.nhs.uk](http://www.nhs.uk)

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

We would welcome your feedback about your experience  
at Southport and Ormskirk Hospital NHS Trust.  
Please access the Friends and Family Test at the following  
link:

[https://www.southportandormskirk.nhs.uk/patients-and-  
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

**Thank you**

Author: Lynn Brown  
Ref: 14/29  
Version: 4  
Reviewed: December 2021  
Review Date: December 2024