

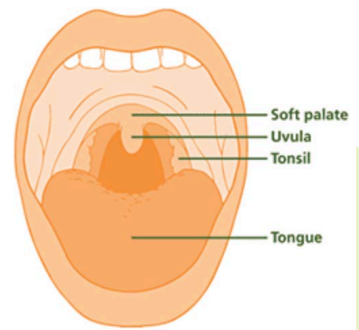
Tonsillectomy & Adenoidectomy Surgery in Kids

Key points to remember about tonsillectomy and adenotonsillectomy:

- o Your child may need one of these operations if they have snoring, obstructed breathing or, pauses between breathing at night
- o They may also need an operation if they have frequent and severe bouts of tonsillitis, or long-lasting tonsillitis
- o It takes 10 to 14 days for children to recover from the operation
- o Don't give your child any aspirin or aspirin-containing medicines

What are tonsils and adenoids?

- o Tonsils and adenoids are lumps of tissue (similar to the 'glands' that are in the neck and other parts of the body).
- o The tonsils sit on either side of the back of the throat (pharynx).
- o Adenoids sit where the back of the nose meets the throat.
- o You can't see them through the mouth without the use of special instruments.
- o Tonsils and adenoids are usually larger in children but tend to shrink to adult proportions by the age of 8 to 12 years.
- o Although tonsils and adenoids are part of the infection-fighting (immune) system, they are not essential and their removal will not cause harm to the infection-fighting system. Other parts of the infection-fighting system in the upper throat continue to function.



What is a tonsillectomy?

A tonsillectomy is an operation to remove the tonsils.

What is an adenotonsillectomy?

An adenotonsillectomy is an operation to remove both the adenoids and tonsils.

How do I know if tonsils and adenoids are causing problems for my child?

If tonsils and/or adenoids get too big they can:

- o Cause narrowing of the airway during sleep which makes it difficult for your child to breathe.
- o Cause blockage of the nose resulting in mouth breathing and a nasal sounding voice
- o cause snoring, which can be a sign of obstructive sleep apnoea.
- o Contribute to repeated throat infections or tonsillitis.
- o Cause difficulty eating & cause continuing nasal discharge.
- o Cause an infection of the sinuses (sinusitis).
- o Change the growth of the upper jaw and cause changes in the position of the teeth.
- o Even if they are not too big, infected adenoids can still be a problem. They can contribute to glue ear and/or repeated ear infections. This is due to swelling and redness of the tube between the throat and middle ear (eustachian tube).

Adenoidectomy (continue)

When might my child need a tonsillectomy or an adenotonsillectomy?

Your doctor will consider a number of factors when talking with you about whether an operation is necessary.

- o Obstructed breathing
- o Frequent and severe bouts of tonsillitis
- o Long-lasting tonsillitis

How successful is the operation?

- o For sleep-disordered breathing: Studies show that an adenotonsillectomy will cure or improve symptoms of sleep-disordered breathing in 80 to 97 percent of cases. The operation is more successful if there are no other conditions that may be contributing to sleep-disordered breathing (such as obesity). On rare occasions, the adenoids may grow again.
- o For repeated acute tonsillitis: After removal of the tonsils, tonsillitis should never happen again. Throat infections due to colds and the flu will still happen (see sore throat).

Who will do the operation?

- o Your family doctor will refer you to a specialist ENT (ear, nose, and throat) surgeon. After talking to you and examining your child, they may recommend removing the tonsils and/or adenoids.

What happens to my child during the operation?

- o a tonsillectomy or adenotonsillectomy usually takes less than an hour
- o your child will have a general anaesthetic
- o the surgeon will do the operation through your child's mouth
- o there are usually no stitches
- o there will be a small raw patch, like a graze, on each side of your child's throat where the tonsils were - it will take 10 to 14 days to heal

How long will my child need to be in hospital after the operation?

- o In some centres, your child will be able to go home the same day as their operation. In other centres, your child will stay in hospital overnight. Usually, your child will need to stay in hospital at least 4 hours in hospital after the operation.
- o Some children with severe obstructive sleep apnoea before the operation may need closer monitoring of their breathing in hospital after the operation. These children may need to stay in hospital longer.

Adenoidectomy (continue)

Your child's surgeon will discuss the results of the adenoid removal following the procedure. It may take a few weeks to notice any changes to your child's condition. Your child may experience a sore throat, earaches, or a stuffy nose while recovering. These symptoms are usually temporary as your child's body heals from the surgery.

What are follow-up requirements and options?

You should receive instructions after the surgery if your child needs a follow-

