

Information and behaviour after the removal of the adenoids

General behaviour

The child should avoid anything that increases blood pressure, such as sports, hot baths and sunbathing, for about 14 days. It is important that newly operated children do not come into contact with sick children who have a cold. Attendance at playgroup, kindergarten or school is possible again 7 days after the operation. Do not leave the child at home without supervision after the operation.

Nutrition

The child may eat normally. Soft food is preferable for the first 5 days after the operation. It is possible that acidic foods and drinks (salad dressings and fruit juices) or spicy foods may cause a burning sensation if they come into contact with the surgical area when swallowed.

Pain

After a pharyngeal tonsil operation, your child will usually feel pain. Therefore, be sure to give your child the painkillers prescribed by your doctor.

Fever

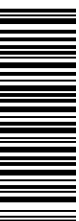
If your child has a fever, you should consult the paediatrician or an ear, nose and throat specialist.

Postoperative bleeding

In the event of bleeding from the mouth or nose, please contact the UKBB immediately.

Emergency telephone

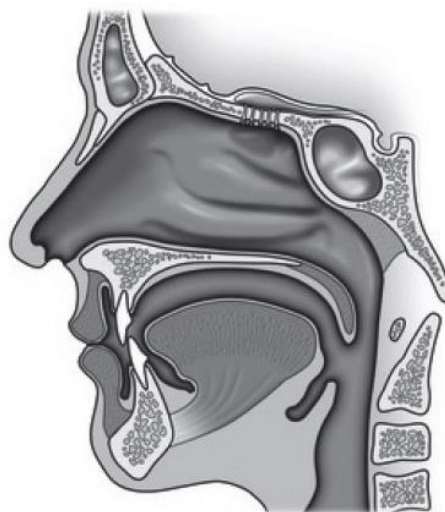
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Information before a adenotomy

Procedure of the operation

Adenotomy is performed under general anaesthesia. The procedure is performed through the mouth. The pharyngeal tonsil is scraped away from the base under visual control (endoscopically controlled). The bleeding vessels are also cauterised with electricity under visual control. An open wound area remains, which heals within about 14 days.



Possible complications and risks

Postoperative bleeding

In rare cases, postoperative bleeding may occur up to 2 weeks after the tonsillectomy. Most of the time, this bleeding is mild, harmless and easy to treat. Rarely, a new haemostasis under general anaesthesia is necessary.

Bleeding from the nose or mouth must be reported immediately to the nursing staff during hospitalisation. If bleeding occurs at home, the UKBB must be visited immediately. As an immediate measure, put an ice tie around your neck while you are still at home.

Nosebleed

After the operation on the pharyngeal mandible, there may be a change in the sound of the voice, usually temporary, known as open nasality.

Tooth damage

As the mouth has to be spread open during the operation, there may rarely be damage to the teeth, especially if there was already a defect or loosening of the tooth before the operation, e.g. in the case of a change of teeth.

Middle ear effusion

After the operation, the irritation of the mucous membrane in the area of the operation can cause the ventilation channel to the middle ear to swell, which leads to a build-up of secretions in the middle ear. There is a temporary hearing loss.

Regrowth of the pharyngeal tonsil

Our surgical technique under visual control significantly reduces the risk of regrowth of the pharyngeal tonsil tissue compared to the conventional surgical method. Nevertheless, a new operation may be necessary in the period between 3 months and 3 years.