

ADENOIDECTOMY (REMOVAL OF THE ADENOIDS)

Indications for surgery

Before surgery

- If the doctor has scheduled you for surgery, blood tests (complete blood count and coagulation screen) must be done 1-2 weeks before surgery.
- Stop taking blood thinners (e.g., aspirin) 2-3 weeks before surgery.
- Planned surgery is not performed during an acute illness (fever, cough, runny nose).
- You must not eat or drink for at least six hours before surgery.
- When coming to the hospital, please bring with you any previously prepared documents (agreements, referral letter, information sheets, blood test results).
- Please bring with you indoor footwear (slippers) and pyjamas.
- A child may only be accompanied by one parent or guardian.

Surgery

After surgery

- It is normal for your child to be grumpy and sleepy after surgery. It typically takes a few hours for the child to recover. During the first two hours after surgery do not give the child anything to drink or eat.
- The most common complication of adenoidectomy is postoperative bleeding. Bleeding from the nose or throat may occur immediately after surgery.
- To prevent bleeding, physical exertion and heat exposure should be avoided during the first three days after surgery.
- A child should be kept away from crowded environments such as school or kindergarten for a week to prevent them from getting sick.
- A slight rise in body temperature in the first days after surgery is normal. If necessary, the doctor will prescribe anti-inflammatory treatment.
- If ear tubes are inserted during surgery, water must not get into the ears. To prevent water from getting into the ears, earplugs must be used.
- If no complications occur, there is no need to come to the doctor's appointment. If necessary, a follow-up can be scheduled a week after surgery.
- In case of bleeding, go to the emergency department (North Estonia Medical Centre, East Tallinn Central Hospital).

I have read the information sheet and understand the surgery that is planned for me/my child. I have received answers to my questions.

Patient's name		Signature	
Doctor's name		Signature	

Date:

The information sheet is filled out in two copies, one of which remains with the patient and the other with the medical record.