

Removal of polyps:

Welcome:

Welcome to our ear, nose, and throat clinic in Rømersgade.

This guideline contains information regarding the procedure and precautions before and after the operation.

The procedure:

The polyps/adenoids are located behind the nasal cavity, just above and behind the uvula.

Removal of the polyps can be performed in case of repeating long-term middle ear problems or a continuation of difficulty breathing through the nose. The enlarged and often infected polyps is curetted through the mouth.

Before the operation:

The stomach has to be empty before anesthesia. It is dangerous to sedate children with anything in their stomach.

Therefore it is not allowed to eat 6 hours ahead of the operation.

It is allowed to drink water (only water) up to 2 hours before the operation.

Breastfeeding is permitted up to 4 hours before the operation.

Asthma spray is used as it normally would be.

Before you leave home, please give pain reliever, Paracetamol (Panodil) rectally.

The operation:

The procedure takes place under general anaesthetics. The anesthesia is performed by our anaesthetist.

It takes less than a minute to be sedated, a needle will be placed in on hand.

The procedure is done through the mouth, which is held open with a mouth gag, that holds the tongue in place.

After the operation:

Your child will most likely wake up crying and will be under observation while recovering in our clinic.

After surgery the uvula and tongue may feel enlarged which is normal.

You can leave the clinic when your child is stable.

If your child experiences a lot of pain, pain reliever such as Paracetamol rectally is recommended.

It is necessary to stay home and somewhat relaxed for at least 2 days after the surgery.

Recovery at home:

When you are home your child should for a start be offered liquids, icecream, yoghurt and so on
- Later in the day, your child may eat and drink as usual. The first 24 hours cold and soft foods will most likely be preferred.

The risk of complications is small, if you should experience a continuing in bleeding you must call 112.