Happy Kids Healthier Futures

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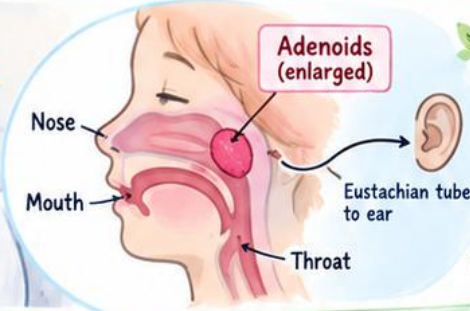
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Little Steps Healthier Tomorrows

Adenoid Hypertrophy in Children

A simple guide for parents: what enlarged adenoids are, common symptoms, and what treatment may help.





Adenoids often shrink as children grow, but enlarged adenoids can sometimes cause breathing, sleep, and ear problems.

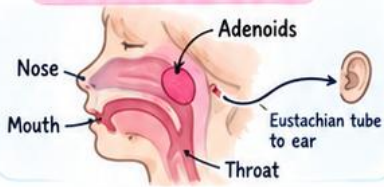
Many children improve well with the right treatment and follow-up.

Breathe Well
Sleep Well
Grow Well

1 What are adenoids?

Adenoids are lymphoid tissue high behind the nose. They help fight germs in early childhood. When enlarged, they can block the back of the nose and affect breathing, sleep, and ear function.

Where are the adenoids?



Adenoids are a normal part of the body, but sometimes they can become enlarged.

Small tissue. Big role in early life!

2 Common symptoms parents may notice

Every child is different. Your doctor can help assess the symptoms.



Blocked nose / chronic nasal obstruction



Mouth breathing



Snoring



Restless sleep or poor sleep quality



Pauses in breathing during sleep / sleep apnea warning



Nasal-sounding or hyponasal voice



Recurrent ear infections or ear fluid / reduced hearing



Chronic runny nose or recurrent sinus-like symptoms

3 Why enlarged adenoids can matter



Sleep disturbance

Can lead to snoring, restless sleep or sleep apnea.



Daytime tiredness / irritability

Poor sleep can affect mood, attention, learning and behaviour.



Ear problems and hearing issues

Can cause recurrent ear infections, fluid in the ear and reduced hearing.



Poor quality of life

Chronic nasal blockage can affect eating, speech, school performance and overall well-being.



Not every child with large adenoids needs surgery.
Treatment depends on symptoms, sleep, ear problems, and the doctor's examination.

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Treatment for Enlarged Adenoids

How doctors decide treatment and what can help children feel better.



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Treatment depends on the child's symptoms, sleep, ear problems, and examination.

1 Not every child needs surgery



Mild symptoms may just need observation and follow-up.

Monitor and review over time.



Adenoids often shrink with age.

Many children get better as they grow.



Doctors look at:

- sleep
- nasal blockage
- ear problems
- overall quality of life



Some children improve with medical treatment (such as nasal sprays or allergy treatment).

Your doctor will advise what may help.

2 Medical treatment that may help

Use medicines only as advised by your child's doctor.

Saline nasal care



Nasal cleaning with saline if advised (can help clear mucus).

Nasal steroid spray



May reduce swelling in the adenoids in some children.

Treat allergy symptoms



When relevant, treatment for allergies (such as antihistamines or other allergy medicines) may help.

Antibiotics



Only if the doctor thinks there is a bacterial infection, not for every child.

Manage ear problems



Treat ear infections when needed.
A hearing review may be advised if there are concerns.

3 When might adenoidectomy be advised?

Your doctor will consider all factors, not just one symptom.



Persistent blocked nose and mouth breathing.



Significant snoring or sleep-disordered breathing (sleep apnea).



Recurrent ear infections or persistent ear fluid with hearing problems.



Recurrent or chronic sinus symptoms or ongoing nasal obstruction.



Poor sleep affecting daytime behaviour, growth, attention, or school performance.



Sometimes surgery is done together with tonsil surgery or ear tube placement when needed.

4 What is adenoidectomy?



- Surgery to remove enlarged adenoids.
- Done under general anesthesia (your child will be asleep).



The surgery is performed through the mouth. There is no cut on the outside.



Many children go home the same day.

Most children recover well!



Recovery advice and the exact plan will be given by the ENT (ear, nose and throat) surgeon.

Good to know!

Your child's doctor may suggest an ENT review if symptoms are persistent or affecting sleep, breathing, ears, or daily life.

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When to Seek Help and What Parents Should Know

A practical page on warning signs, evaluation, and what to expect after surgery.



You are not alone. We are here to help.

Ask questions. Share your concerns. Together we can choose the right care for your child.

1 See your doctor sooner if you notice...

These signs may suggest enlarged adenoids or related problems.



Loud regular snoring



Obvious mouth breathing most of the time



Pauses in breathing during sleep



Restless sleep, poor daytime energy, irritability, or attention problems



Hearing problems / turning TV volume up / recurrent ear pain or ear infections



Persistent blocked nose or recurrent sinus symptoms

2 Urgent or more important review

Children with suspected sleep apnea should be assessed promptly.



Significant sleep apnea / breathing pauses



Marked breathing difficulty during sleep



Poor growth / feeding concerns / severe sleep disturbance



Significant hearing or speech concerns

3 How is adenoid hypertrophy assessed?

Your doctor will decide which tests are appropriate for your child.



History and examination



Ear and hearing assessment when needed



ENT review / nasoendoscopy in some children



Sleep assessment based on symptoms, sometimes additional testing

4 After adenoid surgery: common recovery points

Most children recover well. Your surgeon will give you specific advice.



Mild sore throat, blocked nose, bad breath, or nasal discharge can happen for a few days



Rest and good fluids help recovery



Pain medicine only as advised



Follow the surgeon's advice on activity and follow-up

Seek urgent medical attention after surgery for significant bleeding, breathing trouble, dehydration, or if the child is much worse.

5 Doctor's Advice for Your Child Today

Please discuss any questions with us.

- ☐ Home care advised
- ☐ Trial of medical treatment
- ☐ ENT review advised
- ☐ Hearing / ear review
- ☐ Sleep review
- ☐ Surgery discussed
- ☐ Follow-up after _____ weeks

Notes: _____

_____

_____

Doctor signature: _____ Date: _____

Good to know!

Most children with enlarged adenoids improve well once the right treatment plan is in ploce.

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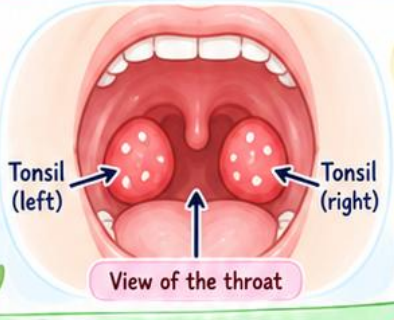
Tonsillitis and Enlarged Tonsils in Children

A simple guide for parents: what tonsils are, common symptoms, and when treatment may help.



Sore throat can make eating and drinking uncomfortable.

Tonsils can become inflamed during tonsillitis. Some children also have enlarged tonsils, which can cause other problems.



Tonsils are part of the body's defence system, but they can sometimes become swollen or infected with viruses or bacteria.

Most children improve well with the right care and follow-up.

1 What are tonsils?

Tonsils are lymphoid tissue at the back of the throat. They help fight germs, but they can become swollen or infected.

Where are the tonsils?



"Tonsillitis" means inflamed or infected tonsils.
"Enlarged tonsils" means the tonsils are bigger than usual and may sometimes affect breathing, sleep, swallowing, or speech.

2 Common symptoms parents may notice

Every child is different.
Your doctor can help assess the symptoms.



Sore throat / painful swallowing



Fever



Red swollen tonsils



White patches or pus may sometimes be seen



Bad breath



Tender neck glands



Snoring or mouth breathing if tonsils are large



Poor appetite / difficulty eating

3 Why enlarged tonsils can matter



Sleep disturbance

Snoring, restless sleep, or pauses in breathing in some children.



Daytime tiredness / irritability

Can affect learning, behaviour, and day-to-day activities.



Eating or swallowing difficulty

May make eating uncomfortable and lead to poor weight gain in some children.



Speech / mouth breathing / quality of life issues

Can affect speech development, facial growth, and confidence in some children.



Not every child with large tonsils needs surgery.
Treatment depends on symptoms, sleep, repeated infections, and the doctor's examination.

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Treatment for Tonsillitis and Enlarged Tonsils

How doctors decide treatment and what can help children feel better.



Treatment depends on the cause, the child's symptoms, and the effect on sleep, swallowing, and daily life.

1 Not every child needs antibiotics or surgery

Many sore throats and tonsillitis episodes are caused by viruses and improve with supportive care.

Most get better on their own!

If strep throat or another bacterial infection is suspected, the doctor may prescribe antibiotics.

Enlarged tonsils may simply be observed if symptoms are mild.

Doctors look at:

- ✓ Pain
- ✓ Fever
- ✓ Swallowing
- ✓ Sleep
- ✓ Breathing
- ✓ Repeated infections

Some children improve over time with follow-up.

Regular review helps us monitor progress.

2 Home care and medical treatment that may help

Use medicines only as advised by your child's doctor.

Fluids and soft foods
Keep your child well hydrated.

Rest
Help the body heal.

Fever / pain medicines only as advised
Paracetamol or ibuprofen may be used if recommended by your doctor.

Warm fluids or cold soothing foods like ice pops
Can help soothe a sore throat.

Salt-water gargles for older children if appropriate
May help to soothe the throat.

Antibiotics only when the doctor thinks a bacterial infection is present
Antibiotics do not work for viral infections.

Manage nasal allergy / nose blockage or related issues if relevant
Treating allergies or a blocked nose can help with breathing and sleep.

3 When might tonsil surgery be advised?

Your doctor will consider the whole picture, not just one symptom.

Frequent repeated tonsillitis
Many episodes despite treatment.

Enlarged tonsils causing snoring or sleep-disordered breathing
Loud snoring or breathing difficulties.

Pauses in breathing during sleep (possible sleep apnea)
Brief pauses in breathing noticed during sleep.

Trouble swallowing / feeding problems
Difficulty eating or often avoids food.

Recurrent peritonsillar abscess or serious tonsil complications
Collection of pus near the tonsil or other serious problems.

Poor quality of life or daytime problems due to sleep disturbance
Daytime tiredness, poor concentration or behaviour issues.

4 What is tonsillectomy?

Surgery to remove the tonsils



Done under general anesthesia (the child is asleep)

Usually done through the mouth with no outside cut



Many children go home the same day



Recovery advice and follow-up are given by the surgeon

- ✓ Pain relief
- ✓ Soft foods
- ✓ Activity advice
- ✓ Follow-up visit

Good to know!

Your child's doctor may suggest an ENT review if symptoms are persistent or affecting sleep, breathing, swallowing, or daily life.

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When to Seek Help and What Parents Should Know

A practical page on warning signs, medical review, and what to expect after tonsil surgery.



1 See your doctor sooner if you notice...


High fever or worsening throat pain


Child refusing to drink or obvious dehydration


Trouble swallowing or drooling



Very enlarged tonsils with snoring, mouth breathing, or poor sleep


Ear pain, bad breath, or repeated sore throats


White patches, marked redness, or neck gland swelling

2 Urgent or more important review

Children with breathing difficulty or suspected abscess need prompt assessment.


Breathing difficulty or noisy breathing



Pauses in breathing during sleep / suspected sleep apnea


One-sided severe throat pain, muffled voice, or difficulty opening the mouth (possible abscess warning)


Child becoming very sleepy, weak, or unable to drink


Severe dehydration

3 How are tonsillitis and enlarged tonsils assessed?


History and examination


Throat exam




ENT review in some children



Sleep assessment based on symptoms


Ear / hearing or growth assessment if relevant

4 After tonsil surgery: common recovery points


Sore throat is common for several days


Fluids and pain relief help recovery


Soft foods as tolerated


Rest and follow follow-up advice


Seek urgent medical attention after surgery for significant bleeding, breathing trouble, dehydration, or if the child is much worse.

5 Doctor's Advice for Your Child Today

- ☐ Home care advised
- ☐ Trial of medical treatment
- ☐ Review advised
- ☐ ENT review advised
- ☐ Sleep review
- ☐ Surgery discussed
- ☐ Follow-up after _____ weeks

Notes: _____

_____

Doctor's signature: _____ Date: _____



Most children with tonsillitis or large tonsils improve well once the right treatment plan is in place.

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