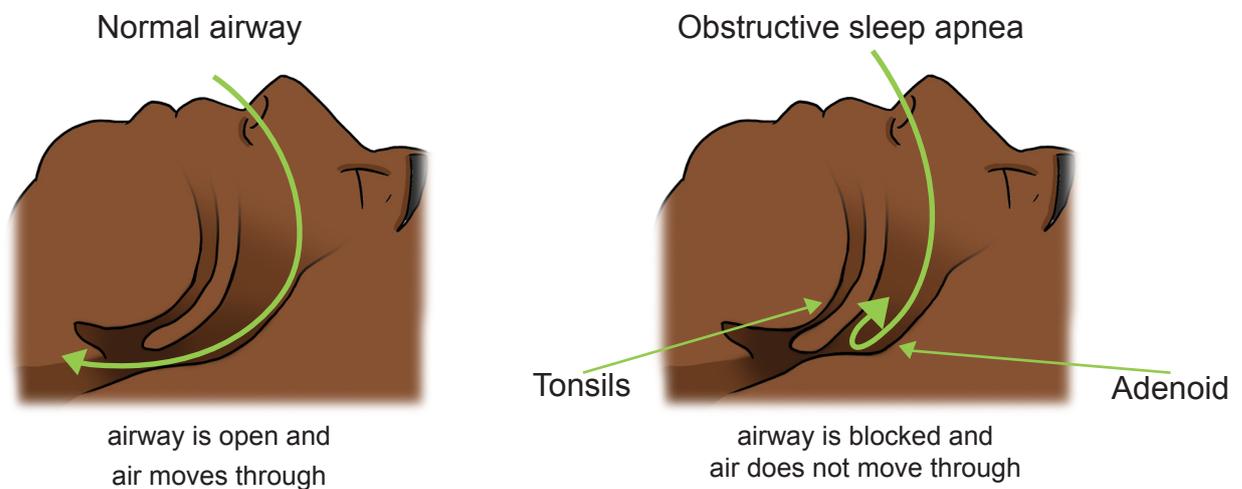




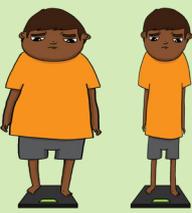
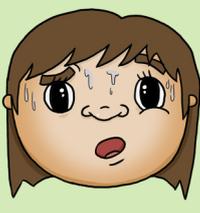
Obstructive sleep disorders and adenoidectomy

Obstructive sleep disorders (OSD) is when the adenoids, tonsils or both puff-up and block the nose airway.



Bubs of any ages can have OSD and they may snore or have trouble breathing. This can cause other medical problems later on.

Signs of OSD below

<p>Snoring</p> 	<p>Underweight or overweight for age</p> 	<p>Sweating</p> 
<p>Trouble focusing or learning</p> 	<p>Very active during day or behavioural problems</p> 	<p>Bed wetting</p> 
<p>Breathing through their mouth and sometimes holding their breath</p> 	<p>Difficulty swallowing meat</p> 	

Sleeping problems like:

- sleep walking
- tossing and turning or sleeping in funny positions
- tired in the morning.



More serious signs

Bub stops breathing in their sleep for 5 seconds or more.
Bub is restless when asleep.
Blueness around lips.



See your GP or health clinic. A **sleep study** may be needed to watch bub sleep overnight in hospital.

Treatment

Treatment will depend if bub has mild or more serious the symptoms. A nasal spray may help or bub may need surgery (adenoidectomy).

Adenoidectomy (ad-ony-dek-toe-me)

A doctor will remove all or parts of the adenoid (at the back of the nose) through bub's mouth. This will be done under a general anaesthetic (sleeping medication).
Bub will need to stay in the Perth area for 3 days after their surgery just in in case there is late bleeding.

Risks

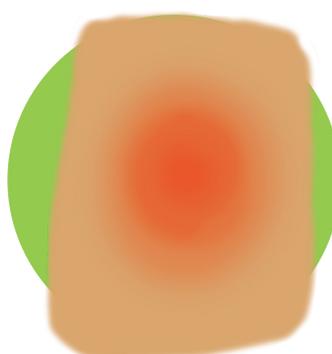
Please yarn to your surgeon about the risks and any concerns or worries you may have.
Some side effects from anaesthetic are:



Nausea



Constipation



Skin rash



Light-headedness

Other risks

Temporary difficulty breathing from a blood clot or swelling blocking the airways



Bleeding after surgery



Rare risks

- Another operation is needed to stop bleeding
- A blood transfusion is needed
- The adenoid may regrow after surgery
- Nasally speech - air coming out of the nose when talking
- Bringing up food



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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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