SECOND SURGERY FOLLOWING ADENOTONSILLAR SURGERY: 5-YEARS’ EXPERIENCE IN A PORTUGUESE TERTIARY-CARE CHILDREN’S HOSPITAL

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Objectives: Surgery of adenoids and tonsils is highly prevalent among pediatric population and is currently performed with good outcomes. However, some patients still require a second procedure and its aim of this study to describe our experience with these children.

Methods: We retrospectively reviewed all surgeries of adenoids and tonsils performed at our institution between 2012 and 2016 and selected all patients submitted to more than one surgery. A comprehensive literature research was also carried out.

Results: 16 males and 16 females were identified over a total of 1870 procedures with a mean age of 3.59±2.10. Majority of subjects had less than 3 years old (59,4%) at the time of first surgery. Patients with allergies, craniofacial or neuromuscular disturbances were younger at first surgery (p<0.05). Obesity wasn’t prevalent initially but we observed a rise in its prevalence at the second surgery (28,1% vs 53,3%, respectively). Adenotonsillectomy was the most common (53,1%) first procedure and, with a mean time of 2.28±1.40 years, a second procedure, mostly adenoidectomy (65,6%), was performed. 37,5% of patients had a second surgery 12 months after the first. Relapse of snoring was observed in every patient but serous otitis media was also an important issue, with 59,4% of children requiring myringotomy in the second procedure. 65,7% were discharged after second surgery.

Conclusion: Younger age and higher weight might be important factors for a second surgery and should be considered in the follow up of these patient, with sleep disturbance and hearing loss being the most common indications.