



Where are the adenoids?

- Adenoids are lymphoid tissues, sometimes known as pharyngeal tonsils.
- Located in the area behind the nasal passages called the nasopharynx.
- If adenoids become infected or enlarged, they may block the nose and contribute to ear or sinus infections.

What do the adenoids do?

- The exact role is unknown, but they are part of the body's immune system.
- There is no known adverse effect on the immune status or health when adenoids are removed.

What is adenoidectomy?

This is the surgical procedure for the removal of the adenoids. This surgery is done under anesthesia through the mouth or nose with special instruments.

What are the risks of adenoidectomy?

This list is for information only and covers most known risks for this surgery. Complications are very rare. When considering surgery it is important to weigh risks and benefits of the surgery. The following complications have been reported in the medical literature included: bleeding, infection, permanent voice change, nasal regurgitation of food, dental injury, and tongue numbness. In some cases, nasal obstruction or sinus and ear infections may not improve. Because adenoids are not completely removed the adenoid tissue may occasionally grow back.

What limitations are there after adenoidectomy?

- **Physical activity:** Avoid gym class/sports for 7 days.
- **Return to school** when eating, drinking, and sleeping well, and pain free, typically 3-5 days after surgery.

What are common complaints after surgery?

- **Fever:** A low-grade fever may be observed several days after surgery.
- **Nasal congestion/drainage:** There may be increased nasal drainage for 14 days after surgery.
- **Breathing:** Snoring and mouth breathing may worsen for 10-14 days after surgery.
- **Voice changes:** Speech may sound high-pitched or "nasal" and may last 2 to 6 weeks after surgery.
- **Bad breath:** This odor is from the scab where the adenoids were removed and last 7-14 days.
- **Sore Neck:** This may last for 7-14 days.

How is pain after surgery treated?

Acetaminophen (Tylenol) liquid or dissolvable tablets may be given. **NO ibuprofen (Motrin or Advil) or aspirin** for 1 week after surgery unless otherwise instructed by the physician.

When should I call the doctor?

- **Bleeding:** With the exception of small specks of blood from the nose or in the saliva, bright red blood should not be seen. If such bleeding occurs, contact your physician immediately or take your child to the emergency room.
- **Fever** greater than 102°F.

Please call us for questions or concerns. During business hours:

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For emergencies: 410-955-6070, ask for the Pediatric Otolaryngology physician (Peds ENT) on-call.

Picture from: www.consumerreports.org/.../what-is-it.htm