



Adenoidectomy Instructions After Surgery

Adenoids are lymphatic tissue in the back of the nose. They are similar to the tonsils in the back of the throat but in a different location. The adenoids can get bigger and smaller with infections just like tonsils or lymph nodes. The adenoids typically spontaneously resolve in the teenage years in most people. The adenoids cannot be seen from the outside. It requires either X-ray, CT, or placing a scope in the nose to see how large they may be.

Why are Adenoids Removed?

1. In conjunction with ear tubes for recurrent ear infections as they can help block the eustachian tube on the inside or act as a harbor for bacteria.
2. Sleep disturbance often in addition to removal of the tonsils.
3. Nasal Congestion and chronic mouth breathing.
4. Recurrent or chronic sinusitis in children.

What is the process for Adenoid removal?

The procedure is done in the operating room with anesthesia. Typically after the patient is under anesthesia a mirror is used to see the adenoids in the nasopharynx and they are then removed using a cutting instrument or are ablated using radio frequency or cautery

What is expected after Adenoidectomy?

1. There is usually not significant pain after adenoidectomy. Acetaminophen(Tylenol) is typically adequate
2. There may be a little bloody drainage in the first few hours to days but most often you don't see anything



3. Return to normal activity the same day. For children, daycare or school should wait until the next day due to the anesthesia.

What is the usual follow-up after Adenoidectomy?

This is patient specific and should be noted in your discharge paperwork but most often is 2-4 weeks.

When should I contact the physician after surgery?

1. Fever > 102
2. Persistent pain not controlled with tylenol/acetaminophen
3. Significant bleeding from the nose or throat

What are the risks of adenoidectomy?

The risk of adenoid removal are not high and include the risks of anesthesia, bleeding, unfavorable scarring in the nasopharynx, and regrowth or residual adenoid tissue requiring repeat removal.

Resources:

<https://medlineplus.gov/adenoids.html>

<https://medlineplus.gov/ency/article/003011.htm>