

Instruction sheet for ADENOIDECTOMY

WHAT IS THE PROCEDURE?

A procedure where the adenoids are removed. The adenoids are tonsillar tissues that do not have a capsule and are in three clumps in the nasopharynx. The nasopharynx is an area located above the oral cavity or mouth and behind the nose. Basically, it is located just above the soft palate. If you look into the mouth it is above and behind the uvula. These cannot be seen ordinarily without a mirror. The adenoids are removed through the mouth under a general anesthetic.

WHY ARE THE ADENOIDS REMOVED?

The adenoids are removed for several reasons. A child can get a chronic adenoid infection that presents as a chronic greenish drainage. This also can exacerbate recurrent or chronic sinus infections that also present as a greenish drainage. The adenoids can be enlarged and can block the ability to breathe through the nose. The adenoids can also block the eustachian tube and this can lead to middle ear infections. The adenoids usually atrophy or disappear after about age nine.

THE NIGHT BEFORE SURGERY:

Nothing to eat or drink after midnight. This is to make sure that the child has an empty stomach at the time the anesthetic is given. If food or anything else were in the stomach it is possible for it to spill into the lungs and could cause very serious damage.

THE DAY OF SURGERY:

The hospital will tell you what time to arrive, usually at least one hour prior to the scheduled surgery time. Family members may wait in the lobby and the doctor will meet you there and inform you how surgery went. After surgery, the child will go to the recovery room until fully awake.

WHAT TO EXPECT AFTER AND ADENOIDECTOMY:

Most children do not have much pain. Children's Tylenol (acetaminophen) or ibuprofen is usually adequate for pain control. Occasionally children will be uncomfortable and will require a medication such as Tylenol with hydrocodone. An adenoidectomy usually does not interfere with eating since it is not in an area where food would directly touch the surgical site. Occasionally children will experience a decrease in their appetite and will like to start out with a softer type of food and progress on to a regular diet. If a child is sucking on a bottle or a straw, it is possible that they can dislodge the clot from the area of the adenoid bed and this might bring on some bleeding. Straw and bottle use should be discussed with the doctor. Postnasal drainage and bad breath are common and can last a week or longer.

Also avoid heavy activity for 10-14 days (ie, no sports, play-structures, trampolines, or rough-housing", etc).

WHEN TO CALL THE DOCTOR:

If the child has a temperature over 101. Low grade temperatures are very common up to 100.5 or 100.6 following the procedure. If the child has gross bleeding from the nose or is spitting up fresh blood the doctor should be called. A little blood crusted around the nose or vomiting old blood is something that often happens. Please call if you have any questions or concerns.