



Adenoidectomy Patient Information Sheet

The adenoids sit behind the soft palate at the back of the nose. They are composed of lymphoid tissue and form part of the body's immune system. There is some evidence that they influence Eustachian tube and therefore middle ear function and thus they may need to be removed in children with glue ear. If the adenoids are obstructing the back of the nose and causing airway problems adenoidectomy may be necessary.

The Operation

Adenoidectomy is now performed as a day case procedure in fit patients. The operation takes about 10 minutes and is performed via the mouth and under a general anaesthetic. A suction cautery tube is used to remove the adenoids under direct vision. Blood loss is minimal.

Postoperative recovery

Pain:

Adenoidectomy is not a painful operation and regular paracetamol is usually sufficient pain relief.

Activity:

Normal activity should be resumed after about a week.

Diet:

A normal diet should be taken.

Normal symptoms:

The suction diathermy method of adenoidectomy is associated with some mucous nasal discharge for 1-2 weeks after operation.

Follow-up

Usually adenoidectomy will be performed with grommet insertion and follow up will be at 2 months with a hearing test.

Complications

These are rare. The incidence of postoperative bleeding with this method is extremely small.

What to do if you have any worries or concerns after the surgery

If it is within 48 hours or out of hours, phone the ward where you were admitted for surgery. During office hours phone our secretaries on 0118 9213160.

I have read this leaflet and had the chance to ask any questions to my surgeon.

Name:

Signed:

Date:

Surgeon:

Signed

Date: