

ADENOIDECTOMY – WHAT TO EXPECT

More Than 100,000 Adenoid Removals Are Performed in the U.S. Each Year

Doctors Often Perform Adenoid Removals and Tonsillectomies Together

For decades, the term tonsillectomy and children go hand in hand. Closely related, and just as common, is the removal of adenoids in children. Why is it so common? What are the symptoms to look for? What can be expected if surgery is needed? Please read the following article to learn more about this procedure.

01 | Why Adenoids Are Removed

Frequent throat infections can cause inflammation and enlargement of the adenoids. Enlargement can obstruct breathing and lead to ear infections, jeopardizing a child's hearing and respiratory health.

02 | Symptoms of Enlarged Adenoids

Inflamed, swollen adenoids commonly result in the following symptoms:

- Sore throat and difficulty swallowing
- Difficulty breathing through the nose
- Frequent ear infections which can lead to hearing loss
- Heavy snoring and obstructive sleep apnea

03 | Adenoidectomy – The Procedure

When removal of the adenoids is indicated, the procedure involves removing the adenoids through the patient's mouth, with the surgeon cauterizing and packing the affected area to prevent bleeding. Once surgery has been completed, the patient will remain in recovery until awake, and will likely go home on the day of the surgery, with medication to reduce pain and swelling. Normal recovery time is one to two weeks.

04 | Adenoidectomy – Recovery

Some discomfort and a sore throat can be expected for two to three weeks after surgery. The patient should stay hydrated, which helps to reduce pain. Spicy, hot, hard, or crunchy foods should be avoided for the first two to three weeks. Cold liquids, ice cream, yogurts, and the like are the best options post-surgery.

05 | Prognosis

Adenoidectomies have excellent results and patients can expect fewer sore throats and ear infections, and much easier breathing.

For additional resources on adenoids and adenoid removal, please visit:

<http://kidshealth.org/en/kids/adenoids.html>

*Did You Know?
Adenoid removal often
results in improved health*

References

<http://www.healthline.com/health/adenoid-removal#AdenoidRemoval2>

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