



Greenville Ear, Nose & Throat

Adenoidectomy: What You Should Know

What is an adenoidectomy?

An adenoidectomy is a surgical procedure that removes the adenoids. The adenoids are a mass of lymphoid tissue behind the nasal passages. Infected adenoids may become enlarged and can obstruct breathing and cause other problems.

What are symptoms indicating that adenoids may need to be removed?

- Inability to breathe through the nose (mouth breathing); can result in dental cavities
- Thick, colored discharge from the nose
- Snoring
- Sleep apnea
- Frequent ear infections
- Speech impediment or delayed speech development
- Unusual facial qualities (such as a very elongated face with a high palatal arch and wide nose)
- Hearing loss resulting from middle ear fluid

What are benefits of adenoid surgery?

- Restore nasal breathing and stop mouth breathing
- Stop snoring
- Reduce the number of ear infections
- Allow normal facial and dental growth
- Improve hearing and speech
- Lower the risk of dental cavities

What does the surgery involve?

- General anesthesia is required
- Adenoids are removed through the mouth
- Packing rarely is needed

Before Surgery

- Take nothing by mouth after midnight the evening before surgery except medications as instructed by the anesthesiologist at your preoperative evaluation.
- Notify your doctor if cough, fever (over 102°F) or other cold or virus symptoms appear before surgery.
- Aspirin, aspirin-containing products, ibuprofen or other non-steroidal anti-inflammatory medications should not be taken for two (2) weeks before surgery.
- Plan to remain in town for two (2) weeks after surgery.

After Surgery

- Increase your fluid intake. Liquids are very important because they prevent dehydration.
- Limit physical activity for ten (10) days.
- Take all antibiotics as directed. It is important to complete the full course.
- Take liquid Tylenol or other prescribed medication for pain every four to six hours as needed. Sometimes, it helps to take pain medication every four hours around the clock for the first 48 hours after surgery, especially for children.
- Children can be given Tylenol suppositories.
- Throat and ear discomfort are normal after an adenoidectomy. They can be severe and last as long as two (2) weeks.
- Fever is common after adenoidectomy and should be treated with Tylenol.
- Return for a follow-up office visit two to three weeks after surgery.

When to Call the Doctor

- Call the doctor immediately for any bleeding.
- Call the doctor immediately for any difficulty breathing (except nasal congestion).
- Call the doctor for fever over 102°F if the fever does not respond to Tylenol.