

Understanding Your Child's Adenoidectomy

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What is an adenoidectomy?

Adenoidectomy is a surgical procedure to remove adenoids. The adenoids are a mass of lymphoid tissue located behind the nasal passages in the back of the nose. If it grows too large it can block the back of your nose and cause nasal obstruction. This means you will not breathe very well and all the nasal secretions that usually go down the back of the nose will come out the front of the nose (runny snotty nose). Adenoids are also located next to the Eustachian tube, which drains the middle ear space and prevents ear infections. If the adenoid tissue affects the Eustachian tube function then you may be more prone to ear infections. In addition, if they harbor chronic bacteria, the bacteria may spread to your sinus's causing sinus infections.

What are the symptoms of problem adenoids?

- Inability to breath through the nose (mouth breathing); can result in excessive dental cavities
- Thick, colored discharge from the nose
- Snoring
- Sleep apnea
- Frequent ear infections
- Speech impediment or delayed speech development
- Unusual facial qualities, for example, an extremely elongated face with a high palatal arch and widened nose
- Hearing loss due to middle ear fluid

What can surgery accomplish?

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

Procedure

The adenoid tissue is removed under general anesthesia in a surgical center. It is necessary to insert a breathing tube to control your breathing while you are asleep. It is a short procedure with a relatively quick recovery. There are no cuts on the face, and all the work is done with the aid of a mirror through the mouth.

Bad Breath

Your child will experience bad breath after the adenoidectomy. This is caused from the drainage from the nose down the back of the throat. This can last up to a month until you are totally healed.

Recovery

Usually the recovery from surgery is very quick. Some children will be sleepy and may experience nausea with vomiting in rare cases the first day. By the second day, 75% of the children are running around in the back yard with only minor throat discomfort.

Post- operative medications

You will be prescribed an antibiotic after surgery to take for 10 days to prevent any infection in the area of surgery. Pain is well controlled with over the counter Tylenol every 4-6 hours. Occasionally children will need something stronger for the first few days and a prescription of Hycet or Tylenol with codeine may be given. **Do not take any Aspirin, Motrin, Advil, Ibuprofen (NSAID) for 10 days before and after surgery as this may cause bleeding problems.** It is also normal to run a low-grade fever for up to 10 days after surgery.

Activity

I would like you to keep your child out of any organized sports or activity for 10 days during the healing process. Avoid any activities that will raise the blood pressure. This may cause one of the blood clots to come loose and cause a bad nosebleed. Do not let the patient come in contact with dirty water for several weeks like lake water or the community pool.

Diet

There are no restrictions on diet as the raw area where the adenoids are removed is located above the palate. It is not directly in contact with swallowed food. So whatever they want, let them eat it.

Contact

Please feel free to call the office with any questions at (703) 858-4439 or after hours call the answering service with emergencies only at (703) 257-3911.