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ADENOIDECTOMY

WHAT ARE ADENOIDS?

The adenoids are a pad of tissue located behind the nose in the throat. They cannot be seen by looking into the mouth. Adenoids can become enlarged and block the eustachian tube or the nasal airway. Adenoids can also become a reservoir for bacteria.

REASONS FOR ADENOIDECTOMY

Nasal Obstruction: Enlarged adenoids can block the nasal airway and lead to mouth breathing and snoring. Adenoidectomy restores the nasal airway and allows normal breathing through the nose.

Chronic Otitis Media: Enlarged adenoids can block the eustachian tube or allow bacteria to enter the eustachian tube and lead to ear infections. Research studies have shown that adenoidectomy may be effective in addition to ear tube insertion in the treatment of chronic otitis media.

THE SURGERY

Adenoidectomy is performed under general anesthesia as an outpatient surgery that takes less than 10 minutes. Your child will remain at the surgery center 1-2 hours afterwards.

POSTOPERATIVE CARE

Most children are back to normal within 24 hours of surgery. Some children take a few days to recover. Snoring, mouth breathing, and nasal congestion will persist up to 2 weeks after surgery. This is due to swelling in the back of the nose where the adenoids were removed. Bad breath is also normal and is caused by scabs that form after surgery. All of these symptoms are usually gone within 10-14 days. Nasal discharge is common and can be foul-smelling until healing is complete.

PAIN

Most children have little pain. Some children experience a sore throat, headache or ear pain for a few days which is usually relieved with acetaminophen (Tylenol).

FEVER

A low grade fever is normal for a few days after surgery and acetaminophen (Tylenol) should be given. Please call the office if the temperature is over 102°F.

NAUSEA AND VOMITING

Some children experience nausea and vomiting from the general anesthetic. This should resolve within a few hours. Please call the office nurse if nausea and vomiting continues for more than 12-24 hours.

DIET

Begin with a clear liquid diet, progress to a light diet, and then to a normal diet as your child feels like eating.

ACTIVITY

Normal activities may be resumed as soon as your child feels up to it. Your doctor will notify you of any restrictions.

FOLLOW-UP

Call for an appointment at 3-4 weeks after surgery, or sooner if there are questions or problems.