Adenoidectomy

The adenoids normally disappear by themselves before adulthood. Children’s enlarged adenoids may impair breathing through the nose, cause snoring, and impair air flow in the upper airways, which increases vulnerability to inflammations of the middle ear or sinuses and prolongs airway infections.

Procedure
In the operation, a child’s tonsil tissue of the upper throat behind the nose is removed (adenoids). The surgery is performed under general anaesthesia and lasts approximately 30 minutes. The adenoids are removed through the mouth with a special instrument. After the bleeding has stopped, the wound surface is left to heal. Within a few days, mucous membrane grows over the wound. In connection to adenoidectomy, ventilation tubes are often inserted into the ears.

Recovery
After the surgery, small amounts of bloody discharge may come from the mouth or nose. The patient may experience nausea during the day of the operation, because of anaesthetics and swallowed blood. Small children in particular recover quickly from adenoidectomy. The patient may feel moderate pain during the day of the operation. Older children may experience the pain longer. The pain may radiate to ears, and body temperature may rise temporarily. It is recommended that the patient eats and drinks cold food and liquids (e.g. ice cream) on the day of the operation. On the next day, the child may eat normal food again. Children need rest and adult supervision on the day of the surgery. After a few days, they may go to school or day care. Physical effort must be avoided for a week.

Treatment of pain
Usually, non-prescription painkillers (e.g. paracetamol or ibuprofen) are sufficient. Paracetamol

Anti-inflammatory

Follow-up visit is not required

Contacts
If a lot of bright blood begins to bleed from the child’s mouth or nose, the child vomits bright blood, or the fever rises over 38 ºC (100 ºF), contact the hospital.

Ear, Nose, and Throat Outpatient Clinic from 07.00 – 15.00 tel. (06) 213 1372
Day Surgery Unit on working days from 07.00 – 17.00 tel. (06) 213 1552
Emergency Department at other times tel. (06) 213 1310

● This instruction is intended for our patients who are in a care relationship ●