

Children's Ear Nose & Throat Center

Sub-specialists of Dell Children's Medical Center of Central Texas

A member of the  Seton Healthcare Family

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Adenoidectomy

The adenoids are a pad of tissue found behind the nose in the throat. They cannot be seen by looking into the mouth. Adenoids can get big and block the eustachian tube (in the ears) or the nasal airway (in the nose). Adenoids can also become a storage place for bacteria.

Reason for Adenoidectomy

- Nasal (Nose) Obstruction
- Enlarged adenoids can block the nasal airway and lead to mouth breathing and snoring.

Removing the adenoids, called an adenoidectomy, allows the child to breathe normally through the nose again.

- Chronic Ear Infections
- Enlarged adenoids can block the tubes in the ear, or allow bacteria to enter the tubes in the ears, and lead to ear infections.

Removing the adenoids along with inserting ear tubes may help treat chronic ear infections

Procedure

An adenoidectomy is usually done as an out-patient procedure. Your child will get medicine to make them sleep before surgery begins. The surgery takes 20-30 minutes and the child stays at the hospital 1 - 2 hours afterwards.

Common Experiences After Surgery

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

Fever: A low grade fever is normal for a few days after surgery and you can give your child acetaminophen (Tylenol). Please call the office nurse if the temperature is over 102F.

Nausea and vomiting: Some children may have an upset stomach and vomiting from the general anesthetic. This should go away within a few hours. Please call the office nurse if the upset stomach and vomiting continue for more than 12 - 24 hours.

Activity: Your child can return to normal activity as soon as he/she feels up to it. Your doctor will talk with you about any restrictions.

Follow-up

Some of our doctors want to see the child 2-3 weeks after surgery. If the doctor wants to see your child, call the office for an appointment.

If you have any questions or problems, call the office nurse.