

## ENT05lite Adenoidectomy (Child)

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

**Write questions or notes here:**

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This document will give you information about an adenoidectomy. If you have any questions, you should ask your GP or other relevant health professional.

### What are adenoids?

The adenoids are part of a group of lymphoid tissues (like the glands in the neck or the tonsils) that help to fight off infection from germs that are breathed in or swallowed.

The adenoids enlarge naturally in children around the age of 3 and usually shrink away again by the age of 7 (see figure 1).

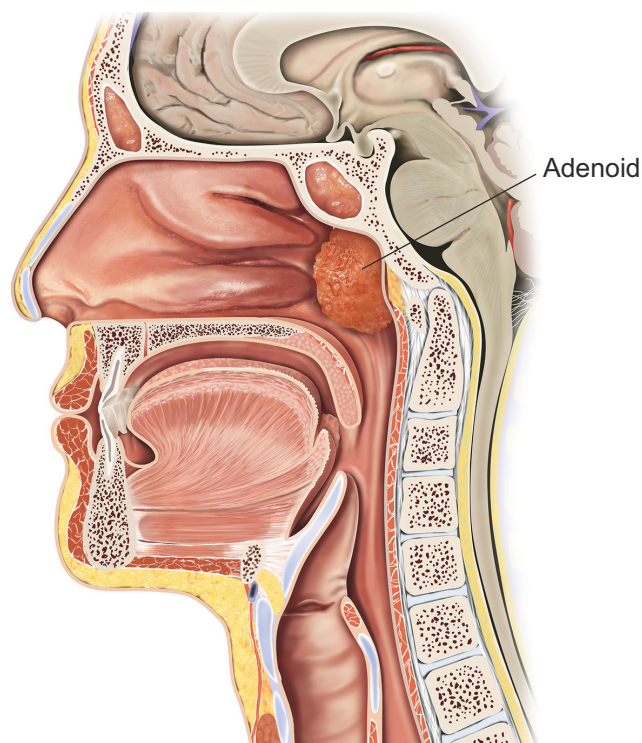


Figure 1

An enlarged adenoid can obstruct breathing

Enlarged adenoids can result in a blocked or runny nose and may make your child snore. If your child also has swollen tonsils, they may stop breathing for a short time while they are asleep.

### What are the benefits of surgery?

The benefits of surgery are relief from a blocked or runny nose and, for some children, better quality of sleep. It may also improve the quality of your child's voice and can help children suffering from glue ear by reducing the risk of fluid collecting in the middle ear.

### Are there any alternatives to surgery?

Your doctor may be able to give you steroid nasal sprays to improve your child's symptoms of a blocked nose and reduce the size of the adenoids. However, these must be used for a long time and the long-term effects are not yet known.

There are no other treatments for enlarged adenoids other than to leave them alone and wait for the problem to get better.

### What does the operation involve?

The operation is performed under a general anaesthetic and usually takes about 20 minutes. Your surgeon will remove the adenoids through your child's mouth. They will place a pack in the back of the nose until the bleeding stops.

### What complications can happen?

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Adenoid tissue regrowing

### How soon will my child recover?

Your child should be able to go home the same day or the day after.

They will need two days off school to avoid catching an infection that could lead to bleeding. Most children make a good recovery.

### Summary

Enlarged adenoids are a common problem that usually do not need treatment. For those children who have a very blocked nose or disturbed sleep, an adenoidectomy should give them a better quality of life.

### Acknowledgements

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