



Randall Cohen MD
Catalina Ear Nose and Throat PC

Adenoidectomy

What is an adenoidectomy?

An adenoidectomy is the surgical removal of the adenoids.

Indications

The adenoids may require excision for one or more of the following reasons:

- Nasal obstruction
- Frequent nasal or sinus infections
- Frequent ear infections
- Speech disorder, Hyponasal voice
- Dental bite abnormalities.

Hospital stay

Generally you will be discharged on the same day as surgery.

Anesthesia

Before your surgery, the anesthesiologist will talk with you about anesthesia and possible side effects.

Risks

As with any surgery, there are not only benefits but also risks. You must keep in mind that you may not benefit from the surgery. Below is a list of possible complications. As with any operation, there may be some unanticipated complications besides those listed here.

- A local infection may occur. If an infection does occur, it can be treated with antibiotics.
- Post-operative bleeding is usually mild. If persistent bleeding does occur, nasal packing and/or operative examination may be necessary. Bleeding risk is less than 0.5%
- Patients may develop a voice change. This is described as “nasal speech” as is most likely related to pain or velopharyngeal insufficiency and is usually limited. Velopharyngeal insufficiency is when the roof of the mouth needs to adjust to the increased space and allows air to leak out the nose.
- Post-operative pain is usually mild lasting less than one week and can be controlled with Tylenol.
- Please call the office if you have any of the following:
 - fever over 102 degrees
 - pain that is not controlled by taking pain medication
 - bleeding that does not stop within 15 minutes

Post-operative activity

Avoid strenuous activity for one week. Patients may return to work or school as tolerated. Most patients will need a few days of recuperation before resuming normal activities.

Post-operative diet

Maintain increased fluid intake. Citrus juices or tomato juice may be uncomfortable but are not harmful. Water, flat soft drinks, and apple juice are good choices. Advance diet as tolerated starting with soft, bland foods. Avoid highly spiced foods since they may aggravate local discomfort.

Post-operative appointment

Follow up is usually around four weeks after surgery and should be scheduled at the time surgery is scheduled. If your post-operative appointment has not been scheduled, call the office to do so.