

Adenoidectomy- A brief note

Adenoid is a mass of lymphoid tissue situated behind the nose. It is usually seen in children of 6 years and below. Lymphoid tissue is concerned with immunity. It usually disappears after 6 years.

Adenoidectomy is the surgical procedure for removal of adenoid. It is indicated when

- 1) it becomes enlarged and causes obstruction to breathing
- 2) it gets infected and acts as a source of infection especially of the ear

Before Surgery size of adenoid is assessed by nasal endoscopy or x-ray.

Prior to surgery general medical status is assessed by blood investigations and ECG. Details regarding diseases, medications, allergies should be shared with the doctor. There will be restrictions regarding in take of food and fluid before and after surgery. It should be complied with. Please read document named **instructions to patients posted for surgery** for more information.

Surgery is usually done under general anaesthesia. It is done using endoscope and powered instruments. It takes half an hour usually. Main intention of surgery is to relieve airway obstruction and snoring.

This is achieved in almost all cases.

After surgery the patient is kept in post operative ward under observation for 3 hours and then shifted to room. In cases where further monitoring is required, the patient is shifted to ICU. Oral feeds can start 5 hours after surgery.

Analgesic and antibiotic are given usually. Patient is kept in the hospital for one day or can go home if nearby.

It is advised to stay at home for 1 week. Body bath can be taken. Head bath is deferred for 7 days. Bleeding and pain can occur. If bleeding is severe the doctor should be contacted immediately. First postoperative visit is on 7th day. Further follow ups are required only if patient has any symptoms.

This surgery is often combined with tonsillectomy and myringotomy. For details regarding these surgeries you may read documents titled **Tonsillectomy-A brief note** and **Myringotomy-A brief note** respectively