



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

## Adenoidectomy care

The operation where your adenoids are removed is called adenoidectomy. The adenoids are like the tonsils but lie above the soft palate and behind the nose. You can't see the adenoids by simply looking in your mouth. As we grow older the adenoids usually shrink away to nothing, although sometimes the adenoids persist.

### The adenoids are removed if:

- They are so big they are blocking your nose.
- In some cases of snoring and obstructive sleep apnoea.
- If you are having your second set of grommets and the adenoids are present.

Often other operations are done at the same time as the adenoids are removed, for example, grommets may be inserted, the turbinates may be reduced in size, or the tonsils may be removed. This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

### What to expect?

You can expect to have a sore throat for about two to three days. Recovery after adenoidectomy is much faster than recovery after tonsillectomy.

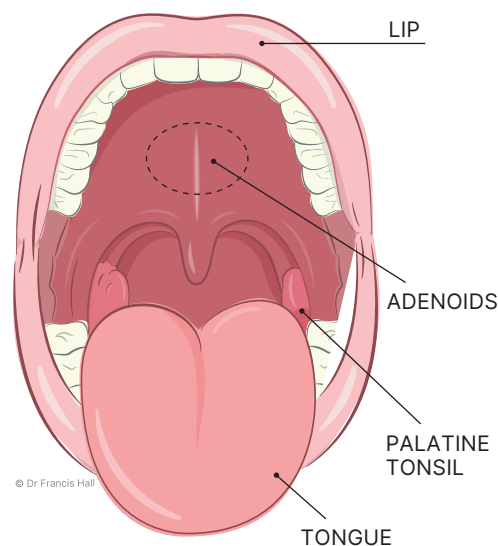
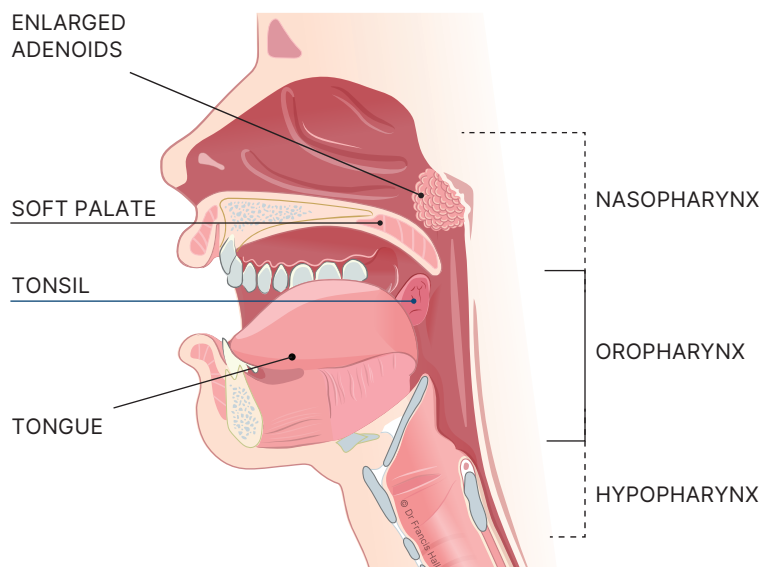
### How can you care for yourself at home?

#### Activity:

- Do not drive in the 24 hours following your surgery.
- Rest when you feel tired. Getting enough sleep will help you recover.
- Try to walk each day. Start by walking a little more than you did the day before. Bit by bit, increase the amount you walk.
- You will need to take 3 days off school or work.
- In order to reduce the chance of bleeding, avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for 1 week or until your Dr Hall says it is okay.
- Do not swim for one week.

#### What should I eat after my adenoids are removed?

- Adenoidectomy is not a particularly painful operation.
- Many people find that they can eat whatever they want a short time after their surgery.



### **Pain medicines:**

- Dr Hall or his anaesthetist will prescribe several different medicines for the pain, from the following list: paracetamol (Panadol), ibuprofen (Brufen), celecoxib (Celebrex) and Etoricoxib (Arcoxia). Please take the medications as instructed. Usually the pain settles very quickly within 2-3 days after having your adenoids removed.
- If you think your pain medicine is making you sick to your stomach:
  - Take your medicine after meals (unless Dr Hall has told you not to).
  - Ask Dr Hall for a different pain medicine.

### **Problems:**

- Bleeding. If you bleed from either your mouth or nose, go to the emergency department. It is preferable to go to the emergency department at Auckland Hospital as they have an ENT registrar on site to deal with emergencies. Please note, neither Middlemore Hospital or Northshore Hospital have an ENT emergency service. Call Dr Hall on 021 733 677 as you are being driven into the hospital.
- Bleeding after adenoidectomy is uncommon.
- A change in voice can occur after adenoidectomy. If it does occur, it is usually temporary.
- Very occasionally patients may get a sore neck that gets worse over a few days. If this happens, please contact Dr Hall straight away on 021 733 677. He will need to see you to clean the area where the adenoids were and commence you on antibiotics.

### **Follow up appointment:**

- Dr Hall usually sees his adenoidectomy patients about 6 weeks after surgery. His PA will arrange a follow up appointment for you. If you have not heard from Rebecca within two weeks of your surgery, please contact her on 09 281 2963.

**Any problems call or text Dr Francis Hall on 021 733 677**

Dr.  T. Hall