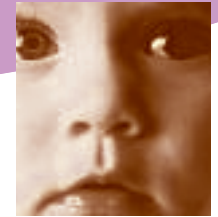


# ADENOIDS AND ADENOID SURGERY



## What are adenoids?

The adenoids are tissues that look like tiny clusters of grapes, located in the passage that connects the nose and throat. (Adenoids are also called pharyngeal tonsils, but they are separate from the tonsils in the throat.)

Adenoids filter out bacteria and viruses entering through the nose and produce antibodies to help the body fight infections.

Your physician may suggest surgery for your child because of persistent or recurring enlargement or infections of the adenoids. Children do not suffer from more infections after adenoid surgery - other tissues in the body serve the same function as adenoids.

## What are the symptoms of enlarged or infected adenoids?

There are several symptoms associated with enlarged adenoids. You may notice that your child:

- complains of difficulty breathing through the nose.
- is breathing through the mouth
- talks as if nostrils are pinched, breathes noisily
- snores while sleeping

- stops breathing for a few seconds while sleeping (sleep apnea)

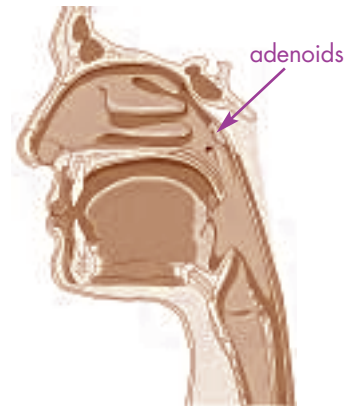
See your physician if you suspect your child has enlarged or infected adenoids.

## Treatment of enlarged adenoids - is surgery necessary?

Surgery is no longer the standard treatment for adenoid problems.

Your physician may wish to treat your child's infected adenoids with antibiotics as a first line of defense. If the adenoids are not infected, your physician may choose to wait - enlarged adenoids are normal in some children. Your child's adenoids may eventually shrink on their own. Your physician may suggest adenoids surgery if your child experiences one or more of the following or difficulty breathing.

- sleep apnea
- recurrent infections
- distorted speech



## What happens during adenoid surgery?

Surgery can be a frightening experience for both children and their parents. You can help prepare your child for adenoid surgery by talking about what to expect.

- 1.** your child will receive general anesthesia. This means the surgery will be performed in an operating room so that an anesthesiologist can monitor your child.
- 2.** the surgeon removes the adenoids through the mouth. There is no need to cut the skin.
- 3.** the surgeon removes the adenoids and then cauterizes (seals) the wound to stop bleeding.

Your child will wake up in the recovery area. Children that have trouble breathing or show signs of bleeding will return immediately to the operating room. In most cases, the total time in the hospital is 5 to 10 hours. Children under 3 years of age and children with chronic disease, such as seizure disorder or cerebral palsy, will often stay overnight.

Your child may have a mild sore throat for 3-5 days. Although postoperative bleeding with an adenoidectomy is very rare, if any bleeding is noticed, contact your physician or go to the Emergency Room immediately.



# ADENOIDS AND ADENOID SURGERY

Often, tonsils and adenoids are surgically removed at the same time. While you can see the tonsils by looking in your child's throat, adenoids are located behind the nose and are not directly visible. If your child is facing surgical treatment for enlarged or infected adenoids, learning a few facts can make the trip to the hospital easier for both you and your child. See the questions below to get the answers about adenoids and adenoid surgery.

- What are adenoids?
- What are the symptoms of enlarged or infected adenoids?
- Treatment of enlarged adenoids - is surgery necessary?
- What happens during adenoid surgery?



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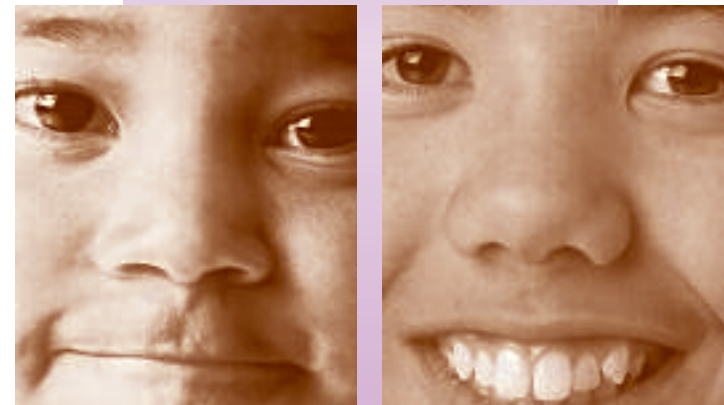
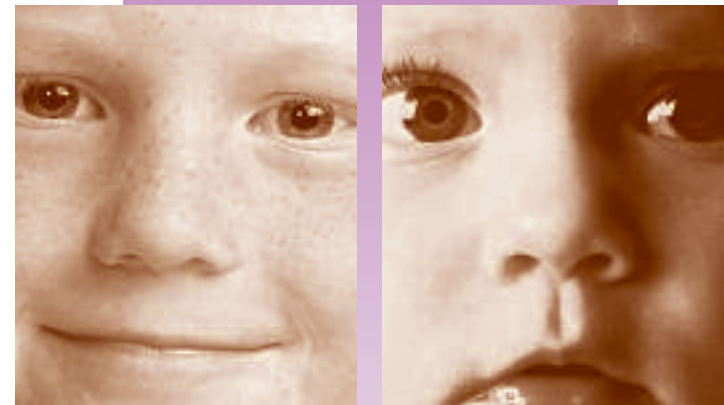
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