

Adenoidectomy

Patient Information Sheet

Adenoidectomy is one of the most commonly performed surgical procedures.

Indications: This operation is usually performed to relieve one or more of the following problems:

- Breathing obstruction
- Throat infections
- Recurrent ear problems

The **most frequent side effects** of adenoidectomy are:

- Discomfort that is usually controlled with mild pain medication such as acetaminophen (Tylenol)
- Bad breath for a few days
- Problems with poor fluid intake for a few days rarely requiring IV fluid replacement to control dehydration
- Hyponasal quality to speech; this usually resolves after a few days or weeks

Primary risks associated with adenoidectomy are all very uncommon. These include:

- Problems related to anesthesia during and shortly after the procedure
- Excessive bleeding that may occur during surgery or within a few days after surgery. Rarely post-operative bleeding requires returning to the operating room and very rarely, blood transfusion
- Hyponasal quality to speech that persists for an extended time, or is permanent; this is rare.