



ADVANCED SINUS  
AND  
ALLERGY CENTER

1030 W. Higgins #325  
Park Ridge, IL 60068

# Adenoid Hypertrophy and Adenoidectomy

What are the adenoids?

The adenoids are structures located in the back of the nose made of lymphoid tissue. They typically shrink as patients grow older. Despite popular belief, it is unlikely that the adenoids are actually involved in maintaining health.

What is adenoid hypertrophy?

Adenoid hypertrophy is enlargement of the adenoids. This is more common in children but can also occur in adults.

What causes adenoid hypertrophy?

Chronic infection, allergies and irritation from pollution and smoke can cause enlargement of the adenoids. Although rare, benign and cancerous tumors and HIV infection can also cause adenoid hypertrophy.

What is an adenoidectomy?

An adenoidectomy is the surgical removal of the adenoids. This is typically an outpatient surgery performed under general anesthesia. Only patients with associated medical problems (asthma, sickle cell disease) require hospitalization and observation.

What are the reasons to remove the adenoids?

Some common indications include:

1. Recurrent adenoid infections
2. Enlargement causing dental problems or affecting facial growth
3. Enlargement causing airway obstruction or sleep problems
4. Suspicion for presumed neoplasm (tumor)
8. Recurrent or chronic middle ear infections
9. Recurrent sinus infections in children

What are the potential complications of an adenoidectomy?

Nasal congestion, pain in the jaw and the ears are common complaints after surgery. A low grade fever and post-operative infection can also occur. Bleeding is usually mild and can occur anytime within the first 2 weeks after the procedure. It sometimes requires control in the operating room under general anesthesia. Anesthetic complications are known to exist, although these are uncommon, and transient airway obstruction from swelling has been reported. There may be nasal regurgitation (fluid coming out of the nose) with swallowing and a hypernasal (hollow-sounding) voice. These problems usually resolve themselves during the recovery period.



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What are there restrictions after an adenoidectomy?

1. You should not take any aspirin or aspirin-containing products (Advil, Motrin, Nuprin, Alleve) for 2 weeks before and 2 weeks after surgery.
2. Avoid any strenuous physical activity, heavy lifting, or straining for 7 days following surgery to prevent bleeding
3. No airplane travel for 10 days after the surgery
4. There are no dietary restrictions. You should drink plenty of fluids to stay hydrated.

When should I call my doctor?

Notify your surgeon if you have a fever greater than 103F that lasts for more than 24 hours, a persistent cough, nausea/vomiting after the first day, vomiting bright red blood, or poor oral intake leading to decreased urination and dehydration.

In the event of bleeding (either coughing up blood or having bright red blood from the nose), contact our office immediately and have the on-call physician paged as you may need to be seen in the Emergency Room.

Please Note:

Our office checks your insurance for eligibility and pre notification requirements. If there are any concerns we encourage you to call your insurance company for further information. For non HMO policies, you will be responsible for co-pays and deductibles as outlined by your policy. The first office visit after your surgery is included in the surgical fee. Subsequent office visits after surgery will be billed accordingly to your insurance company.

Employer Paperwork/FMLA:

If your employer requires paperwork for time off, please have it emailed or faxed to office at least one week in advance of surgery.