

Adenoid Removal

What Is A Adenoid Removal?

Adenoid removal, also known as adenoidectomy, is a surgical procedure designed to remove the adenoids, which are small masses of tissue located at the back of the nasal cavity, behind the nose. Adenoids are part of the immune system and help in protecting the body from infections, particularly in children. However, in some cases, they can become enlarged or infected, leading to various health issues.

What Are The Surgical Approaches?

Adenoidectomy is typically performed using one of two surgical approaches:

1. **Traditional Adenoidectomy:** This procedure involves removing the adenoids through the mouth using a surgical instrument called a curette. The surgeon reaches the adenoids through the throat without making any external incisions.
2. **Endoscopic Adenoidectomy:** In this minimally invasive technique, an endoscope (a thin, flexible tube with a camera) is inserted through the nose to visualise and remove the adenoids. This approach may offer improved visualisation and potentially quicker recovery times.

What Does The Surgery Involve?

The procedure is usually performed under general anaesthesia, ensuring the patient is asleep and pain-free throughout. Once the patient is under anaesthesia, the surgeon accesses the adenoids using the chosen approach and carefully removes them. The surgical team monitors the patient's vital signs throughout the procedure to ensure safety.

How To Prepare For The Surgery?

Before the surgery, your healthcare provider will provide specific instructions for preparation. These may include fasting (not eating or drinking) for a certain period before the procedure, arranging transportation for after the surgery, and discussing any medications you're currently taking. It's important to inform your healthcare team about any allergies, medical conditions, or medications you are taking.

How Long Does The Surgery Take?

The duration of an adenoidectomy can vary but typically takes around 30 minutes to an hour. However, the time may vary depending on the complexity of the case and the chosen surgical approach.

What Happens After The Surgery?

After the surgery, you will be taken to a recovery area to wake up from the anaesthesia. You may experience some sore throat, nasal congestion, and mild discomfort, which is normal. Pain medications and instructions for at-home care will be provided by your healthcare provider. Most patients are able to go home the same day, but a short hospital stay might be recommended for some cases. It's important to follow post-operative instructions, which may include avoiding certain foods and activities for a period of time. Full recovery usually

takes about 1 to 2 weeks, during which time you should avoid strenuous physical activities and follow up with your healthcare provider for any scheduled appointments.