Removal Of Adenoids (Adult)

What Is Removal Of Adenoids?

Removal of adenoids (adenoidectomy) is a surgical procedure performed to remove the adenoids. Adenoids are small glands located at the back of your nose, just above your throat. They're part of your immune system and help fight infections, but sometimes they become swollen or infected, causing ongoing health problems.

When Is Removal Of Adenoids Recommended?

Removal of adenoids (adenoidectomy) is more common in children, but adults may also require this procedure if enlarged adenoids cause persistent problems, such as:

- Difficulty breathing through your nose
- Frequent nasal infections
- Blocked ears or repeated ear infections
- Snoring or sleep apnoea (pauses in breathing during sleep)
- Chronic sinusitis

Your ENT consultant may recommend removal of adenoids if other treatments like medications haven't improved your symptoms.

What Happens During Removal Of Adenoids Surgery?

Your adenoidectomy will usually be performed under general anaesthetic, meaning you'll be asleep during the procedure. The surgery typically takes around 20 to 30 minutes and is often carried out as a day case, meaning you can go home the same day.

During the operation, your surgeon will gently remove your adenoids through your mouth using specialised surgical instruments. The procedure does not usually involve external cuts or stitches.

What Are The Risks?

Removal of adenoids is a safe operation, but as with all surgery, there are some small risks, including:

- **Bleeding:** Slight bleeding immediately after surgery is common, but heavy bleeding is rare
- **Infection:** Rarely occurs, but usually responds well to antibiotics
- **Minor damage to teeth or lips:** Extremely uncommon
- **Anaesthetic risks:** Very low in healthy adults; your anaesthetist will discuss these risks with you before the operation

Your surgeon will fully discuss these risks and answer any questions during your consultation.

Recovering After Your Removal Of Adenoids Surgery

After the operation, it's common to experience mild discomfort, a sore throat, and nasal congestion for a few days. Your voice might sound slightly nasal initially, but this typically improves quickly.

Caring for yourself at home:

- Take painkillers (paracetamol or ibuprofen) regularly, as advised
- Drink plenty of fluids and eat soft foods for the first few days
- Avoid vigorous exercise or heavy lifting for two weeks
- Avoid blowing your nose forcefully for at least one week

Most adults recover fully within one to two weeks. Returning to work generally depends on your job type but usually happens within one week.

When to seek help:

Contact your doctor immediately if:

- You have heavy bleeding from your nose or throat
- You experience severe pain that doesn't improve with painkillers

- You have a high fever or signs of infection
- You become unable to drink fluids or show signs of dehydration

Why Choose Birmingham Head And Neck Clinic For Removal Of Adenoids?

Our experienced ENT surgeons in Birmingham provide high-quality care tailored to your individual needs, ensuring you receive safe and effective treatment in a comfortable environment.

Contact Us

If you’re experiencing adenoid problems or considering adenoidectomy—we’re here to help.