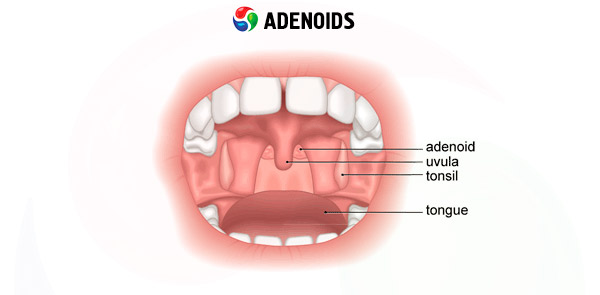


**Adenoidectomy**

This is an operation to remove the adenoid under a general anaesthetic. The adenoid is lymphoid tissue at the back of the nose which is removed when it is enlarged causing nasal obstruction or snoring, if it is causing infections or needs biopsying, and removal can improve middle ear function. It is usually done with instruments placed via the mouth.

It is often combined with a tonsillectomy (see adenotonsillectomy) and/or an ear operation such as grommets.

[](https://www.google.co.nz/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwia1N7LgKTZAhUDabwKHdD_A8UQjRwIBw&url=https://iliveok.com/health/adenoids_77644i15951.html&psig=AOvVaw2rRvm0CZaz9Stxo7kyZzdo&ust=1518649268115714)

**Pain relief:**

If you have had an adenoidectomy without tonsillectomy there is only mild to moderate throat discomfort for 2 to 7 days. You will be given a prescription for pain relief from your surgeon before you leave the hospital. You may need regular pain relief for the first 2 days. Do not take Aspirin or medications containing aspirin as this may increase the risk of bleeding after surgery.

**Drinking and Eating:**

There are no restrictions, and you can eat and drink whatever is comfortable.

**Halitosis:**

The breath is often smelly for 7 to 10 days.

**Bleeding:**

Bleeding is uncommon after this operation and is usually minor but you should notify the surgeon if any occurs.

**Rhinorrhoea:**

The nose may run for 2 to 7 days afterwards.

**If you have any concerns after your procedure, please contact the following**:

* Auckland ENT Group on 09 522 2226
* Your Family Doctor / GP
* After hours – 24 Hour Medical Centre
* In case of an emergency – dial 111 for an ambulance.