

# Dr Gerrida Herbst

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## EAR, NOSE & THROAT SURGEON

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## Adenoidectomy

Adenoids are tonsil tissue located behind the nose. They can be problematic in two ways. Firstly, adenoid enlargement may cause nasal blockage and snoring in children (and a few adults). Secondly, the adenoids are a reservoir for bacteria and viruses in the nose. This may lead to Eustachian tube dysfunction and ear problems in susceptible children.

The function of the adenoids is to facilitate the immune response to inhaled bacteria and viruses. Removing the adenoids will not affect your child's immunity, because there are several other areas of tonsil tissue in the nose and mouth that will take over that function. The adenoids usually disappear between the ages of 8 and 12 years.

Although the adenoids are located behind the nose, there are removed through the mouth and there will be no scars on the face after the surgery whatsoever.

### **So what can you expect after the surgery?**

**Pain** – There will be some post-operative pain. It is usually not severe and will respond to the pain medication you take home.

**Bleeding** – There may be a trickle of blood stained mucus from the nose after the surgery. This should be short lived. There may also be some bleeding when the scab on the surgical site comes off. This is rare and may occur 5 to 7 days after surgery. If you are at all worried about the bleeding, please contact the practice or bring your child to our hospital's emergency room.

**A smell** – The scab may start to smell offensive after a few days. This is completely normal. As soon as the scab comes off the smell disappears.

If you have any questions or concerns, please contact the practice. No question is too trivial and we aim to address post-operative concerns as soon as they occur.

**We wish you a speedy recovery**