

**C R A I G**  
**FACIAL PLASTIC & RECONSTRUCTIVE SURGERY**  
**OTOLARYNGOLOGY**

**TREATMENT OF ADENOID HYPERTROPHY**  
**ADENOIDECTOMY**

Adenoid hypertrophy is enlargement of the adenoid tissue. This tissue is positioned in back of the nasal passages and upper throat near the eustachian tube opening. It becomes enlarged due to chronic infection. Resulting symptoms can include: mouth breathing and snoring due to nasal obstruction and frequent ear infections from blockage of the eustachian tube opening. These symptoms are the common reasons for their removal.

Your child has been scheduled for an adenoidectomy to help in the management of their serous otitis media and/or middle ear effusion. This procedure is done on an outpatient basis under general anesthesia. The adenoid tissue is removed through the mouth using curettes. Bleeding is minimal and is controlled by cautery. The recovery period for adenoidectomy is between 7 to 10 days. The younger the child, the quicker the recovery time and the less pain are involved with the procedure.

**POSTOPERATIVE INSTRUCTIONS**

1. **DRINK PLENTY OF LIQUIDS.** A regular diet is fine. Drinking and eating reduces throat discomfort.
2. Throat pain or ear pain can be expected. Acetaminophen or other pain medication prescribed by Dr. Craig can be taken every 4 - 6 hours for pain. Do not take aspirin or any medications containing aspirin.
3. Rest and avoid strenuous activity for 7 - 10 days.
4. Avoid coughing or excessive clearing of the throat.
5. Blood-tinged mucus is normal for the first day after surgery. Please report any increase in bleeding that persists more than a few minutes by contacting Dr. Craig or his office.
6. Contact Dr. Craig or his office for persistent pain unrelieved by medication and/or fever over 101°F/38.3°C.

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