

Procedure Information Sheet - Adenoidectomy

Introduction

Removal of adenoid (enlarged lymphoid tissue located at nasopharynx, the back of the nose).

Indication

1. Nasal airway obstruction.
2. Obstructive sleep apnea syndrome (OSAS) / Snoring.
3. Otitis media with effusion.
4. Recurrent acute otitis media.
5. Chronic or recurrent rhinosinusitis.

Intended benefits and expected outcome

1. Reduce nasal airway obstruction.
2. Reduce snoring and sleep apnea.
3. Relieve otitis media with effusion.
4. Reduce recurrent acute otitis media.
5. Reduce chronic or recurrent rhinosinusitis.
6. There is a chance of incomplete relief of symptoms and recurrence.

※ Conditions that Would Not be Benefited by the Procedure

Nasal problems, snoring, sleep apnea and ear problems caused by obstruction other than adenoid enlargement.

Procedure

1. The operation will be carried out under general anesthesia.
2. Sufficient amount of adenoid will be removed to improve airway patency.

Pre-operative preparation

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
3. Inform your doctor if you have a recent upper respiratory tract infection. The operation date may need to be changed.
4. Fast for 6-8 hours before the operation.
5. Change to operation attire and remove loose objects (e.g. dentures, jewelry, contact lens etc.).

Possible risks and complications

- Common risks and complications ($\geq 1\%$): Bleeding, infection, trauma to oral and nasal tissue.
- Uncommon risks with serious consequences ($< 1\%$):
 1. Eustachian tube injury and stenosis causing otitis media with effusion, tinnitus and hearing loss.
 2. Velopharyngeal incompetence causing voice change and fluid regurgitation on eating and drinking.
 3. Nasopharyngeal stenosis causing obstruction of nasal breathing, snoring, sleep apnea.
 4. Voice change.
 5. Temporomandibular joint injury causing pain, subluxation and trismus.
 6. Teeth injury causing fracture, loosening and pain.
 7. Cervical spine injury causing neck pain, decreased range of movement, sensory and motor nerve deficit.
 8. Death due to serious surgical and anaesthetic complications.

Post-operative information

1. You can expect mild discomfort at the back of the nose and nasal stuffiness.
2. Small amount of blood stained saliva or nasal discharge is normal.
3. Can go home the next day or two.
4. Please attend the nearest emergency department when you have persistent bleeding from nose or mouth.
5. Follow up on schedule as instructed by your doctor.

Alternative treatment

Medical treatment, expectant treatment.

Consequences of No treatment

Persistent symptoms.

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Remark

The above-mentioned procedural information is not exhaustive, other unforeseen complication may occur in special patient groups or individual differently. Please contact your physician for further enquiry.

Reference: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Name:

Pt No.: Case No.:

Sex/Age: Unit Bed No:

Case Reg Date & Time:

Attn Dr:

Patient / Relative Signature: _____

Patient / Relative Name: _____

Relationship (if any): _____

Date: _____