



## Procedure Information – Adenoidectomy

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /  
affix patient's label*

### Introduction

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

### Indications

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.

### **\*Condition that Would Not be Benefited by the Procedure**

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

### The Procedure

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

### 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 never deficit.
  8. Death due to serious surgical and anesthetic complications.

### Before the procedure

1. Your doctor will explain to you the reason, procedure and possible complications. You will need to sign a consent form.
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
3. Fast for 6-8 hours before the operation.



## Procedure Information – Adenoidectomy

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:  
Patient No.: PN

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /  
affix patient's label*

### After the procedure

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. Go to 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.

### Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. Should a complication occur, another life-saving procedure or treatment may be required immediately. For further information please contact your doctor.

### Reference

Hospital Authority – Smart Patient Website

-----  
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.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date