



Adenoid Surgery (1 of 3) - What are adenoids and what problems can they cause?



easy-read



This leaflet is part of the EASY-READ series for people with learning difficulties.

The original leaflet is available [here](#).

Adenoid Surgery

PART 1 OF 3

What are adenoids and what problems can they cause?



Click on each of the following questions to discover the answers.

WHAT ARE ADENOIDS?



Adenoids are small glands at the back of the nose

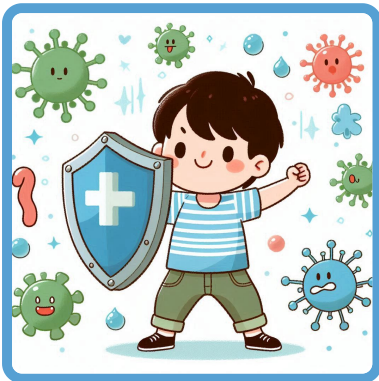


In younger children, they help fight germs.

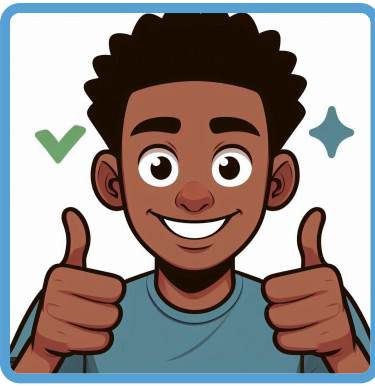


Adenoids are not needed after the age of 3.

DO WE NEED OUR ADENOIDS?



Your body can still fight germs without your adenoids.



Removing adenoids does not make your immune system weaker.

It does not make you more likely to get sick.



Adenoids only help fight germs in the first three years of life.



After that, they can be removed if they are making you poorly.

WHY DO ADENOIDS CAUSE PROBLEMS?



Big adenoids can block the nose, making it hard to breathe.



Children with large adenoids may snore.

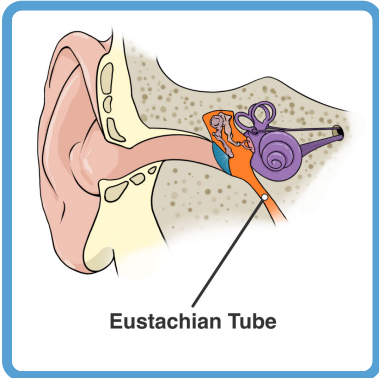
They may stop breathing for short periods while they sleep.



This is called sleep-disordered breathing or obstructive sleep apnoea.



Adenoids can cause ear problems by blocking the Eustachian tube.



The Eustachian tube is a small tube which connects the nose to the ear.



This causes hearing loss from ear infections or a build-up of fluid in the middle ear, called glue ear.

WHAT ARE THE BENEFITS OF ADENOIDECTOMY?



Reduce blocked nose and sinus problems when your child has a cold.



It can help stop glue ear from coming back in children over 3 years old.



This is when the adenoids are removed and grommets are put in.

IS THERE AN AGE LIMIT FOR ADENOIDECTOMY?



Adenoid removal can be done at any age.

It is avoided in very young children due to the risk of bleeding.

WHY REMOVE THE TONSILS AT THE SAME TIME AS THE ADENOIDS?



Your child also has frequent tonsillitis.



Your child has trouble breathing at night.

WHAT IF I DON'T WANT MY CHILD TO HAVE AN OPERATION?



Consent.



You can change your mind about surgery at any time, even after signing the consent form.



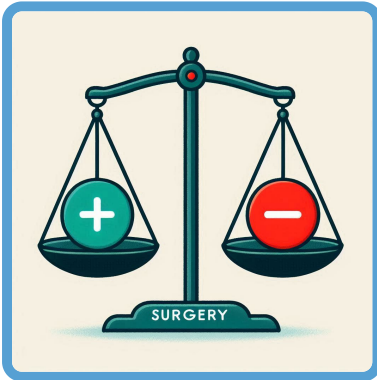
You may want to ask your GP for a second opinion from another specialist.

ARE THERE ALTERNATIVES TO HAVING THE ADENOIDS REMOVED?



Your adenoids shrink as you get older.

Nose and ear problems may improve over time.



Surgery can help these problems improve more quickly.

Surgery carries risks.



Talk to your surgeon about whether it is better to wait or have surgery now.



For some children, a steroid nasal spray may help make a blocked nose better.

It may be helpful to try this before deciding on surgery.



Antibiotics are not usually helpful for adenoid infection.

Antibiotics may have side effects.



Other treatments do not help adenoid problems.

CONTRIBUTIONS TO THIS DOCUMENT



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FEEDBACK SURVEY



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