



## Procedure Information Sheet

### Introduction

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

### Indication

- Nasal airway obstruction
- Obstructive sleep apnea syndrome (OSAS) / Snoring
- Otitis media with effusion
- Recurrent acute otitis media
- Chronic or recurrent rhinosinusitis

### The Operation / Procedure

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

### Before the Operation / Procedure

1. Inform your doctor of any medical condition and any medication you are taking. The medications may need to be adjusted as appropriate.
2. Inform your doctor if you have a recent upper respiratory tract infection. The operation date may need to be changed.
3. Intended benefits and expected outcome
  - 3.1 Reduce nasal airway obstruction
  - 3.2 Reduce snoring and sleep apnea
  - 3.3 Reduce otitis media with effusion
  - 3.4 Reduce recurrent acute otitis media
  - 3.5 Reduce chronic or recurrent rhinosinusitis
  - 3.6 There is chance of incomplete relief of symptoms and recurrence
4. Conditions that would not be benefited by the procedure
  - 4.1 Nasal problems, snoring, sleep apnea and ear problems caused by obstruction other than adenoid enlargement.

### After the Operation / 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. Please attend the nearest emergency department when you have persistent bleeding from nose or mouth
5. See the doctor as scheduled

<p><b>Patient's Label</b>          Patient Name: _____          Hospital No: _____          Episode No: _____</p>
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## Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
2. Common risks and complications ( $\geq 1\%$  risk)
  - 2.1 Bleeding
  - 2.2 Infection
  - 2.3 Trauma to oral and nasal tissue
3. Uncommon risks with serious consequences ( $< 1\%$  risk)
  - 3.1 Eustachian tube injury and stenosis causing otitis media with effusion, tinnitus and hearing loss.
  - 3.2 Velopharyngeal incompetence causing voice change and fluid regurgitation on eating and drinking
  - 3.3 Nasopharyngeal stenosis causing obstruction of nasal breathing, snoring, sleep apnea.
  - 3.4 Voice change
  - 3.5 Temporomandibular joint injury causing pain, subluxation and trismus.
  - 3.6 Teeth injury causing fracture, loosening and pain.
  - 3.7 Cervical spine injury causing neck pain, decreased range of movement, sensory and motor nerve deficit.
  - 3.8 Death due to serious surgical and anaesthetic complications
4. Consequences of no treatment
  - 4.1 Persistent symptoms or progression of disease

## Alternative Treatment / Investigation

1. Medical treatment
2. Expectant treatment

## Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

## Reference

Smart patient website by Hospital Authority: Adenoidectomy (2/2020)

**Patient's Label**  
 Patient Name: \_\_\_\_\_  
 Hospital No: \_\_\_\_\_  
 Episode No: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_