

Adenoids

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What are the problems that can be related to the Adenoids?

1. Nose problems:

Adenoids can become enlarged and block the back of the nose causing nasal obstruction, mouth breathing or noisy breathing during the day, and snoring. If snoring is so severe that it leads to difficulty breathing at night, then the operation of Adenoidectomy is combined with Tonsillectomy. Adenoids can also become chronically infected, and this can lead to thick discoloured nasal secretions and a messy nose.

2. Ear problems:

The Eustachian tubes allow air to pass from the back of the nose to the middle ear. The nasal openings of the Eustachian tubes are right next to the Adenoids. If the Adenoids become large, they can block the Eustachian tubes causing them to not function properly. If the Adenoids become chronically infected, this can lead to infections passing up through the Eustachian tubes into the middle ears. These issues can lead to the development of recurrent ear infections, glue ear, and hearing loss – particularly in children aged 4 years and older.

Depending on the patient's circumstances, it may be beneficial to remove the Adenoids if the above problems occur.

If the Adenoids are removed, can they grow back?

There are some furrows in the back of the nose where the Adenoids can grow into. It is difficult to remove all the Adenoid tissue and if small tags of Adenoid tissue are left behind, these can gradually swell leading to "regrowth" of the Adenoids. The chance of this occurring is perhaps greater when the Adenoids are removed at a younger age.