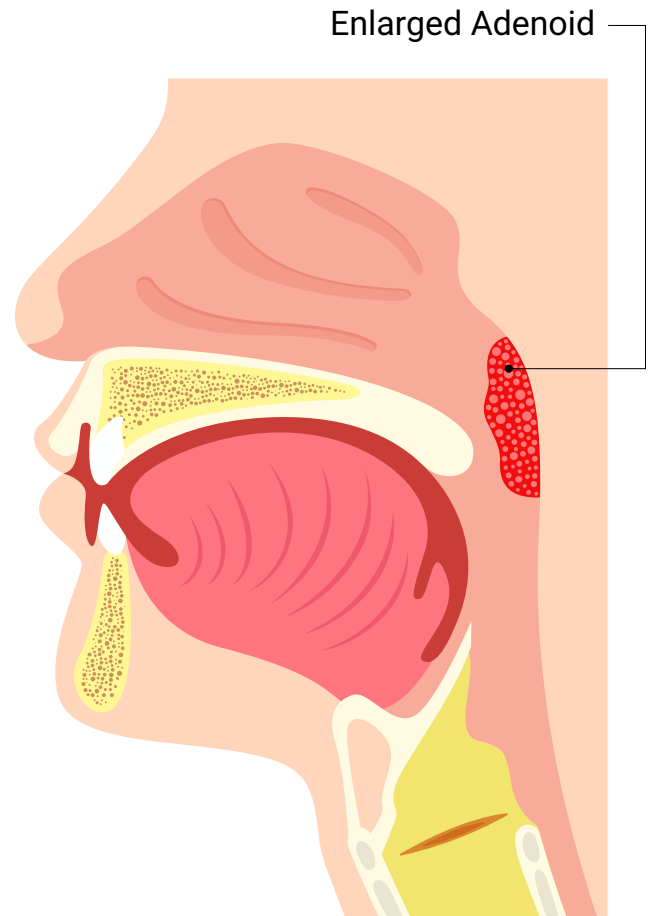
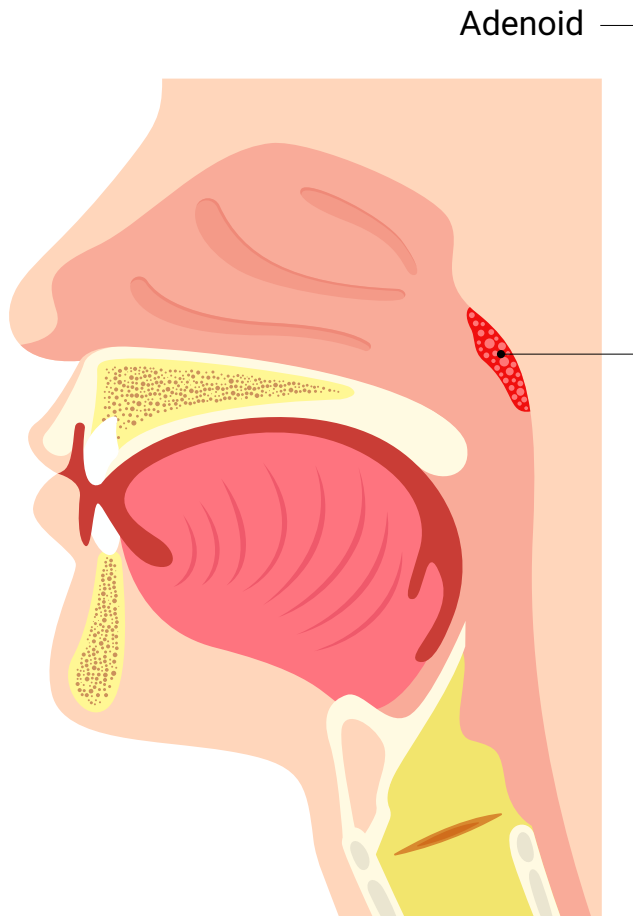


Adenoids

What are they and how do they affect my child's hearing?



What are adenoids?

The adenoids are small pads of tissue at the back of the nose and above the throat. You cannot see them if you look in your child's mouth.

What do adenoids do?

The adenoids protect the body from germs that enter the nose and fight infection.

If the adenoids are large, your child may suffer from ear infections or fluid in the middle ear (glue ear). Children who have glue ear may have hearing loss that can come and go.

Why would my doctor recommend having adenoids removed?

Removing the adenoids is called an adenoidectomy. An Ear, Nose and Throat specialist performs this operation.

Your child may need to have their adenoids removed if they have:

- trouble sleeping or stopping breathing in their sleep (sleep apnoea)
- constant mouth breathing
- frequent ear infections and / or fluid in the middle ear (glue ear).

Contact your local Community Health Centre to book a hearing test



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What happens during the operation?

This operation may be a day procedure or an overnight stay. On the day of the operation your child must not eat or drink anything before the operation. We will give your child a general anaesthetic to put them into a deep sleep so they do not feel any pain during the surgery.

The surgeon removes the adenoids through the child's mouth. The procedure takes 20 to 30 minutes. It will take longer if other procedures happen at the same time e.g. tonsillectomy or grommets.

After the operation, children sometimes feel a bit sick. They are usually allowed to drink and eat whatever they can tolerate. Your child may have a sore throat for a few days after the operation. They may need pain medicine after they go home, as prescribed by your doctor.

Are there any risks?

As with all surgery, there is a small risk of complications. These may include infection or bleeding. You should discuss the risks with your Ear Nose and Throat specialist and the Anaesthetist before the operation.

What happens if nothing is done?

If 'glue ear' or ear infections are not treated, young children may have:

- difficulty with speech and language development
- difficulty learning at school
- poor sleep due to blocked airways, causing tiredness, poor behaviour and difficulty concentrating
- damage to parts of the ear, which could result in permanent hearing loss.

As children grow the adenoids may become less swollen and get smaller. This means less blockage of the airways.

All the effects of large adenoids need to be considered when deciding the best treatment for your child. Discuss this with your specialist.

How do I know if my child has glue ear?

Sometimes, you may not realise that your child has glue ear. Signs to look for are:

- mouth breathing
- snoring
- 'nasally' speech
- not responding to instructions
- tiredness
- poor concentration
- poor behaviour.

If you notice any of these signs, book your child in for a hearing assessment to see if their ears are healthy. You can make an appointment at your local Community Health Centre.