

## **Tonsils and Adenoids**

Tonsils and Adenoids are part of the body's lymphatic system, and function to fight infection. Tonsils are located in the back of the throat. Adenoids are located high in the throat behind the nose and above the roof of the mouth.

The most common problems affecting the tonsils and adenoids requiring surgery include infections and enlargement. Recurrent or chronic infections over many years are one of the most common reasons for removing tonsils and adenoids. Another reason for removal includes enlargement of the tonsils and adenoids leading to sleep disturbance or sleep apnea. Enlargement of the adenoids can lead to recurrent ear infections, nasal congestion, and constant runny nose. Although less common, another reason for removal of tonsils include development of an abscess around the tonsil (peritonsillar abscess). In adults, tonsils can be removed in cases of cancer or tonsil masses.

Removing the tonsils and adenoids is performed while the individual is completely asleep (general anesthesia). Surgery usually takes less than 30 minutes. In a great majority of cases, the patient also goes home the day of surgery.

After surgery, pain is managed with liquid pain medications, mouthwashes, and antibiotics. Typically, pain after surgery improves within 5-9 days. It is important to drink liquids after surgery to avoid dehydration.