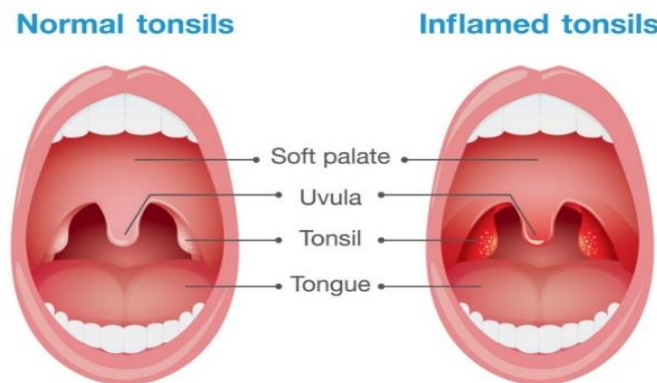


Information on Tonsillectomy and/or Adenoidectomy

Tonsils: The tonsils are a pair of soft tissue glands located at the back of the throat. The tonsils' job is to help fight germs that come in through the mouth or nose before they cause infections in the rest of the body. Sometimes bacteria or viruses get into the tonsils and infect them. When this happens, you have tonsillitis. Enlarged tonsils can be a sign of infection or irritation, although some people just naturally have larger tonsils.

Symptoms of Tonsillitis: Symptoms may include mouth breathing, and/or snoring, difficulty swallowing, swollen and tender glands on the sides of the neck, bad breath, enlarged tonsils with spots of white/yellow pus, earache, fever, chills and tiredness.

Tonsillitis (or adenotonsillitis) that is not treated may result in complications such as ear and sinus infections or pockets of infection outside the tonsils (peritonsillar abscess).



Adenoid: Is a single mass of lymphoid tissue or gland located behind the nasal cavity between the back of the nose and throat. The adenoid typically shrinks during adolescence and may disappear by adulthood. It contains white blood cells and antibodies that help fight infections. It is especially important as an infection fighter for babies and children. Adenoiditis is inflammation of the adenoid, often from infection caused by bacteria or viruses.

Enlarged Adenoid: The adenoid can get enlarged in children because of infection. A very large adenoid can interfere with the flow of mucus or breathing. Symptoms include chronic mouth breathing, snoring, and may resemble sinusitis.

Obstructive Sleep Apnea: Enlarged tonsils and adenoid are the most common cause of Obstructive Sleep Apnea in children, blocking the flow of air through the throat. This blockage causes the person to stop breathing for a few seconds and can occur multiple times each night. This can result in poor quality of sleep, chronic daytime fatigue, and contribute to Attention Deficit Disorder.