

## Patient Education Tonsillectomy and/or Adenoidectomy

### Dear Parent:

Your doctor has scheduled you/your child to have your/your child's tonsils removed because of recurrent sore throats, difficulty breathing or snoring related to large tonsils and or adenoids.

### Before the surgery:

- ❖ **DO NOT** eat or drink anything after midnight the night before the surgery.
- ❖ Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- ❖ Your doctor and a nurse anesthetist will visit with you regarding the type of anesthesia you/your child will receive during your/your child's surgery. Please tell the anesthetist if you/your child have dentures, partials, or any loose teeth.
- ❖ When you arrive, you/your child will be taken to a same day surgery room to get undressed and into a hospital gown.
- ❖ You/your child will have an IV started in the Same Day Surgery area. (A child may have their IV started in OR after they are asleep)
- ❖ You/your child will be taken to surgery about ½ hour prior to surgery.

### The surgery:

The surgery takes 30 - 45 minutes. You/your child will have a general anesthetic during surgery. This means you/your child will be asleep throughout the surgery. You/your child will go to the recovery room to awaken from anesthesia and will be closely monitored for 1 - 1½ hours.

### After the surgery:

You/your child will be drowsy following general anesthesia. You/your child will be taken back to the same day surgery room for further monitoring. You/your child will be placed on your side or stomach. This position will allow the secretions and blood to drain from the mouth. When you/your child are fully awake you/your child may sit up.

Pain: The throat is very sore after surgery. The nurse may provide some relief by applying an ice collar and/or giving medication ordered by the doctor. Ice or popsicles may help throat soreness.

The scabs from the incision usually come off between 5 – 10 days after surgery. You/your child may have ear pain indicating that the scabs are coming off.

**Bleeding:** Bright red blood is usually present in the saliva. Dark brown blood is usually present in the nose, between the teeth, and if you vomit. Coughing or clearing the throat frequently is discouraged as this may cause increased bleeding. When the scabs come off between 5 – 10 days after surgery you/your child may have a small amount of bleeding. You/your child can drink ice water for this bleeding. If you/your child have a large amount of bleeding, then you/your child need to come to the emergency room.

**General information:**

**Pain:** The doctor will give you/your child a prescription for pain medication, however plain Tylenol is usually the only pain medication needed.

**Antibiotic:** The doctor will give you/your child a prescription for an antibiotic. You/your child will need to take the antibiotic until it is gone.

**Diet:** Because the throat is sore after surgery, you/your child may not drink enough liquids. You/your child will need to drink liquids to prevent dehydration. **Do not** suck on a straw. Cold liquids and soft foods such as puddings, jello, sherbet and ice cream are the best foods for the first 24 hours after surgery. Refer to the dismissal instructions for food restrictions.

**Infection:** If you/your child have any of the following, call your doctor.

- ⊗ Temperature above 101°
- ⊗ Chills or other flu like symptoms
- ⊗ Severe pain in the abdomen or anywhere in the body not relieved by pain medication
- ⊗ Persistent nausea, vomiting, or diarrhea
- ⊗ Chest pain, trouble breathing, or difficulty urinating
- ⊗ Itching or rash after taking your pain medication or antibiotic

Please refer to your dismissal instruction sheet for further instructions.