Hill Country Ear, Nose, and Throat, P.A

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Tonsillectomy and Adenoidectomy

Tonsils and Adenoids: The tonsils are located in each side of the throat. The adenoids are located in the back of the nose. They are part of the immune system, however, removing them does not lower your resistance to infection.

Tonsillectomy and Adenoidectomy: May be recommended by your doctor to eliminate the source of repeated ear, nose or throat infections. This procedure may also be recommended for snoring and obstruction of the upper airway. It is usually preformed under general anesthesia as outpatient surgery. The tonsils and adenoids are removed through the mouth.

Risks (Identifying and reducing them)

1. **Bleeding from the throat:** This is uncommon; however, it can be serious. It can occur up to 2 weeks after surgery. For this reason, the patient should be closely supervised by a responsible adult for 2 weeks following surgery. The patient and family should not travel out of town or go to an area where a hospital is not nearby (i.e. like camping). The patient should avoid taking any blood thinning medications (aspirin, Advil, Motrin, Aleve, Naprosyn, etc.) for 2 weeks before and after the surgery. If there is a small amount of bleeding (i.e. like tablespoon or two) and it stops spontaneously notify the doctor's office. If there is a large amount of bleeding (more than a few tablespoons) go directly to the nearest ER.

2. **Dehydration:** This occurs due to inadequate fluid intake and/or vomiting. This can be avoided by drinking plenty of fluids. The is more common in small children. Dehydration may cause reduced urine output or dark urine. Dehydration can also make the patient feel tired and irritable as well as cause a low-grade fever. A child should be urinating 3-4 times each day. If the patient becomes dehydrated, and cannot drink enough fluids, it may be necessary to admit them to the hospital for IV fluids.

3. **Pain:** This can occur for up to 2 weeks after surgery. The pain usually gets worse during the first week, maximizing about 5-7 days after the surgery, then it decreased during the

2nd week after surgery. Sometimes the pain will radiate to the ear. A liquid pain medicine with narcotic and Tylenol will be prescribed. This pain medicine may be taken every 4 hours for the first few days and then take it as needed to reduce the pain. If the pain is not severe, regular Tylenol can be taken as needed. Remember, however, do NOT take aspirin, ibuprofen, Motrin, Aleve, or other pain medicines.

Other risks: Loose teeth or loosened braced can occur during surgery. Please notify the doctor of loose teeth or hardware in the mouth before surgery. Escape of air or fluids through the nose can occur after large adenoids are removed or if the palate does not function normally. This is uncommon and is usually temporary. Rarely patients can have temporary soreness or stiffness in the neck muscles after the surgery. Notify the doctor's office if any of these conditions occur. You can discuss the risks of anesthesia with the anesthesiologist.

What should be expected after surgery: Sore throat and fatigue are normal. Nausea and vomiting can occur for the first 24-36 hours after surgery, until the anesthesia medicines are eliminated. If nausea is severe or persistent a prescription medicine may be needed. Discourage the patient from coughing or gagging as this can cause increase pressure in the throat. Low grade temperature (100-101 degrees) is common. While tonsil wound heals it will develop soft white scabs, which is normal. A prescription for liquid antibiotics will be provided to reduce the growth of bacteria in the throat while it heals. Bad breath is normal. Ear pain is common.

What foods are ok to eat? Plan on eating soft foods that are nutritious for the first 2 weeks after surgery then advance to regular food. Examples of soft foods: pudding, yogurt, ice cream, bananas, refried beans, pancakes, scrambled eggs, oatmeal, cream of wheat, etc. Drink plenty of water, Kool-Aid, Gatorade. DO NOT eat tough, crusty, or crisp foods (i.e. pizza crust, hamburger, etc.) DO NOT drink any alcohol or smoke. It is ok to brush your teeth. It is ok to use a straw for drinking thin liquids.

What activities are ok: Plan on resting at home indoors for 2 weeks. Do not lift anything heavier than 10 pounds. Doing homework and paperwork may be possible the second week after surgery. Read, watch TV and movies. After your follow, up visit in 2-3 weeks after surgery you will most likely be cleared for strenuous activity and sports.

Contact the doctor's office @ 830-629-5830 if the following occurs:

Bleeding occurs (see above)

Fever over 102

Persistent vomiting

Dehydration

Medication reaction

Difficulty breathing

Any other questions or problems You can visit www.entnet.org for additional information. Click on public and patients, then click on health info at the top of the page.