

## **Tonsillectomy and Adenoidectomy**

**General information:** Tonsillectomy is carried out when treatment with antibiotics fails to resolve chronic tonsillar infections. In other cases, enlarged tonsils, causing loud snoring, upper airway obstruction, and other sleep disorders may be treated with removal of the tonsils and adenoids.

**Procedure:** Under general anesthesia, the tonsils are removed using electrocautery. This technique minimizes blood loss during the procedure.

**Preoperative instruction:** The procedure will likely be carried out early in the morning for children. Arrive 1 ½ hours before the scheduled time of surgery. It is important not to have anything to eat or drink after midnight the night before the procedure. Otherwise, the procedure will be cancelled because there is risk of anesthesia complications. Avoid intake of any pain medications other than Tylenol within 14 days of surgery (most can thin the blood and predispose to bleeding).

**The day of the Procedure:** Go to the registration area of the facility. After filling out paper work, you will be admitted into the preoperative area. The staff will orient you. You will meet with the anesthesiologist as well as Dr. Said again prior to proceeding with surgery. The patient will then be brought to the operating room by the nursing staff. Parents are not allowed to enter the operating room suite. The procedure will last approximately 60 minutes from start to finish. During that time, family will be asked to wait in the waiting area. At the completion of the procedure, Dr. Said will meet with family in the waiting area. Family will be allowed to rejoin the patient approximately 10-20 minutes later in the post-op area. When the patient is feeling comfortable and the hospital staff is satisfied with recovery, you will be able to go home. (Usually 2 hours later.) Occasionally, it is necessary to stay overnight if recovery is not satisfactory.

**Postoperative Course:** You will be sent home with a prescription for antibiotics and pain medication. There are several common postoperative symptoms that may arise. These include difficulty swallowing, nausea, fever, throat pain, and ear pain. A very sore throat usually follows tonsillectomy and will last for about a week. The white appearance where the tonsils were removed from is normal and does not mean that there is an infection. You may note swelling of the uvula (hanging midline portion of soft palate) which can give you difficulty swallowing. If there is more than a tablespoon of blood, you should contact our office or go straight to your nearest hospital emergency department. The typical recuperation after a tonsillectomy often involves 7-12 days of pain and discomfort.

**Risks:** 2-4% of postoperative bleeding during first 12 days – this requires medical attention. Risk of severe anesthesia complication – rare.