

How to prepare for tonsillectomy and adenoidectomy

Children

- Talk to your child about his/her feelings and provide strong reassurance and support.
- Encourage the idea that the procedure will make him/her healthier.
- Be with your child as much as possible before and after the surgery.
- Tell him/her to expect a sore throat after surgery.
- Tell him/her that, with younger children, there are no needles. The intravenous is usually put in when they are asleep.
- Reassure your child that the operation does not remove any important parts of the body, and that he/she will not look any different afterward.
- If your child has a friend who has had this surgery, it may be helpful to talk about it with that friend.

Adults and children

For two weeks before any surgery, the patient should refrain from taking aspirin or other medications containing aspirin.

- If the patient or patient's family has had any problems with anesthesia, the surgeon should be informed. If the patient is taking any other medications, has sickle cell anemia, has a bleeding disorder, is pregnant, has concerns about the transfusion of blood, or has used steroids in the past year, the surgeon should be informed.
- A blood test and possibly a urine test may be required prior to surgery.
- Generally, after midnight prior to the operation, nothing may be taken by mouth (including chewing gum, mouthwashes, throat lozenges, toothpaste, and water). Anything in the stomach may be vomited when anesthesia is induced and this is dangerous.

When the patient arrives at the hospital or surgery center, the anesthesiologist or nursing staff will meet with the patient and family to review the patient's history. The patient will then be taken to the operating room and given an anesthetic. Intravenous fluids are usually given during and after surgery.

After the operation, the patient will be taken to the recovery area. Recovery room staff will observe the patient until discharged. Every patient is unique, and recovery time may vary.

Your ENT specialist will provide you with the details of preoperative and postoperative care and answer any questions you may have.

After surgery

There are several postoperative symptoms that may arise. These include, but are not limited to, swallowing problems, vomiting, bad breath, fever, throat pain, and ear pain. Occasionally, bleeding may occur after surgery. If the patient has any bleeding, your surgeon should be notified immediately.

Any questions or concerns you have should be discussed openly with your surgeon.