

North Bay Regional Health Centre

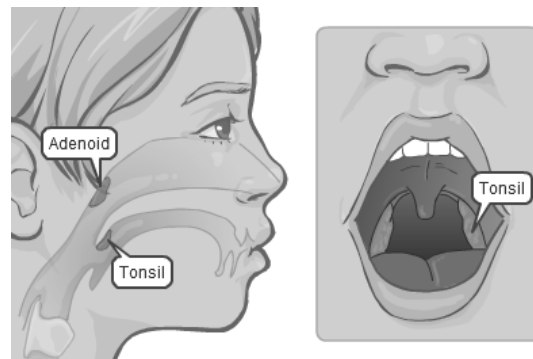
Surgical Care Centre

Tonsillectomy, Adenoidectomy, or Adenotonsillectomy Surgery

Tonsillectomy is the removal of the tonsils. Tonsils are glands at the back of the throat.

Adenoidectomy is the removal of the adenoids. Adenoids are lumps of tissue up behind the nose. You cannot see your child's adenoids when looking in the mouth.

Adenotonsillectomy is the removal of the tonsils and the adenoids.



Planning for Surgery

What to Expect:

- You can stay with your child until it is time for surgery.
- The anesthetic that puts your child to sleep is given by mask and does not hurt.
- An intravenous (IV) is typically started after your child is asleep.
- Surgery takes approximately 30 – 45 minutes.
- Your child will need to stay up to 3 hours after their surgery.

What to Bring to the Hospital:

- A blanket or stuffed animal
- A book, coloring book, or electronic device
- If you are staying overnight, you will need to bring your toothbrush, hairbrush, and some lip balm.



What to Prepare at Home: It is important to get things ready at home for when you come home after surgery.

- Be sure to arrange childcare for other children on the day of surgery and as needed for the days after surgery as your child will require close observation for several days after surgery.
- You will need:
 - Liquid acetaminophen (Tylenol)
 - Thermometer
 - cool liquids
 - facial tissue
 - soft foods
 - dimenhydrinate (Gravol)

What to Expect After Surgery

Pain Control: your child will have a sore throat after surgery. You can help with relieve pain by giving your child:

- Liquid acetaminophen (Tylenol). The pharmacist can help you select the best one for your child's weight.
- Homeopathic or naturopathic medications are generally avoided. They must be approved by the surgeon in order to be used.

Drinking Fluids: It is *very important* to drink fluids after surgery.

- Cool fluids prevent dehydration, fever, and prevent pain.

Fluids that you **can give** your child include:

- Ice chips, freezies, popsicles, jello, diluted apple juice

Fluids that you **can not** give your child include:

- Acidic fluids like orange juice and lemonade and hot beverages



Eating: your child may not want to eat after surgery for a day or two and this is okay as long as they are drinking.

- Start with **soft foods** such as: pudding, yogurt, ice cream, apple sauce, mashed potatoes, eggs, pasta with butter sauce
- Avoid scratchy foods such as: dry, spicy foods for 2 weeks after having the tonsils removed.
- **Do not eat crackers, toast, popcorn, or tomatoes**

Important Reminders:

- Have a thermometer on hand.
- Wash your hands frequently at the hospital and at home.
- Your child should stay away from crowds and people with infections or colds.
- Return to school is usually 4 to 5 days after having your adenoidectomy and 7 to 10 days after a tonsillectomy.
- It is recommended that you remain within 1 hour travel time of an acute care facility for 2 weeks after surgery.
- No sports or rough activity for 2 weeks after a tonsillectomy.
- Singing, shouting, and coughing should be avoided after surgery.
- Travel or long trips out of town should be avoided for 2 weeks after surgery.

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