



SOUTHWEST OHIO

ENT SPECIALISTS

Jeffery S. Adam, M.D.
Stewart I. Adam, Jr., M.D.
Abdulla J. Adib, M.D.
Atul N. Balwally, M.D.
C. Michael Collins, M.D.

(Formerly Dayton Head & Neck Surgeons, Inc)

Wolfgang F. Dietz, M.D.
Adan A. Fuentes, D.O.
Robert A. Goldenberg, M.D.
Michael A. Helfferich, D.O.

Mahendra G. Patel, M.D.
Jerome C. Spiegel, M.D.
William J.D. Turner, M.D.
Charles J. Zeller, IV, D.O.

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TONSILLECTOMY AND/OR ADENOIDECTOMY PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS (BEFORE AND AFTER SURGERY)

WHAT ARE TONSILS? The tonsils are two pads of tissue located on either side of the back of the throat. Tonsils can become enlarged in response to recurrent tonsil infections or strep throat. They can also become a reservoir for bacteria.

REASONS FOR TONSILLECTOMY:

INFECTION Recurrent tonsil infections or strep throat despite antibiotic therapy.

UPPER AIRWAY OBSTRUCTION Enlarged tonsils can block the airway and cause difficulty breathing.

PREOPERATIVE CARE No aspirin products (including PeptoBismol), or products containing Ginkgo Biloba and/or St. John's Wort should be given two weeks prior to the surgery. No ibuprofen products (children's Motrin, Children's Advil etc.) or anti-inflammatory medications (Naprosyn, Aleve, Celebrex etc.) should be given for one week prior to surgery. All of the previous medications are restricted two weeks after surgery. Acetaminophen (Tylenol, Tempra, Panadol) may be given as well as over-the-counter cold medications, and antibiotics. Please notify your doctor if there is a family history of bleeding tendencies or if the child tends to bruise easily.

THE SURGERY Tonsillectomy is performed as either an outpatient or with overnight observation. Tonsillectomy is frequently performed with an adenoidectomy. The procedure takes 30-45 minutes. The child remains at the hospital 24 hours after outpatient surgery or overnight for observation.

POSTOPERATIVE CARE It takes most children 7-10 days to recover from a tonsillectomy. Some children feel better in just a few days and some take as much as 14 days to recover. Often the worst days of the recovery are days 4 and 5. Do not blow nose for 7 days. Avoid coughing, clearing throat, or gargling. Avoid use of pacifiers, straws, sippee cups or bottles for 2 weeks.

NAUSEA AND VOMITING Some children experience nausea and vomiting from the general anesthetic. This usually occurs during the first 24-36 hours after surgery. If there is nausea or vomiting, give Phenergan suppositories as directed every 4 hours. Please call the **phone nurse** at **937-496-0261** if you did not receive a prescription for Phenergan or if vomiting continues after giving Phenergan. After nausea is resolved, try sips of clear liquids like 7Up, water, or apple juice, then gradually increase your fluid intake.

Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation

Main Location	Dayton Children's Specialty Care Center Warren County	Englewood Office	Troy Office	Centerville Office
369 West First Street Suite 400 Dayton, OH 45402 (937) 496-2600	100 Campus Loop Road Suite A Franklin, OH 45005	9000 North Main Street Suite 320 Dayton, OH 45415	1861 Town Park Drive Suite H Troy, OH 45373	950 E. Alex-Bell Road Centerville, OH 45459