



Tonsillectomy and Adenoidectomy

Tonsils are two oval-shaped lymphoid tissues located at the back of the throat, one on each side. Adenoids are similar lymphoid tissues located higher up, behind the nose and the roof of the mouth. Both tonsils and adenoids are part of the immune system and help protect the body from infections by trapping bacteria and viruses that enter through the mouth and nose.

Tonsillectomy and Adenoidectomy, commonly referred to as T&A, are surgical procedures to remove the tonsils and/or adenoids. These procedures are typically recommended for patients who suffer from recurrent infections (such as tonsillitis), sleep-disordered breathing (including obstructive sleep apnea), or other complications like difficulty swallowing or breathing. The procedure is done under general anesthesia (completely asleep) and typically takes about 30 minutes.

Pre-Operative Instructions:

- **Fasting:**
 - Do not eat or drink anything (including water) for 8 hours prior to the surgery.
 - If your child takes any essential medications, give them with a small sip of water, as directed by your physician.
- **Medications:**
 - Discuss with your doctor which medications should be taken or stopped before surgery, especially if on blood thinners or have other medical conditions.
 - Avoid aspirin, ibuprofen, or other non-steroidal anti-inflammatory drugs (NSAIDs) for 1-2 weeks before the surgery, as they can increase bleeding.
- **Health Status:**
 - Inform your doctor if there have been any signs of illness, such as fever, cold, or respiratory infection, in the days leading up to the surgery.
- **Transportation:**
 - Arrange for a responsible adult to accompany the patient to the surgical facility and stay throughout the procedure and recovery.
- **Clothing:**
 - Patients should dress in loose, comfortable clothing. Avoid jewelry or accessories.
 - Remove any body piercings.
- **Comfort Items:**
 - Children may bring a favorite toy or blanket to help your child feel more at ease.

Post-Operative Instructions:

- **Recovery:**

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)
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- The patient will be monitored in the recovery room until they wake up fully. This may take 1-2 hours.
- It is normal for patients to feel groggy or irritable after waking up from anesthesia.
- **Pain Management:**
 - Expect some throat pain, ear pain, and possibly neck stiffness. Depending on the medical history your doctor may prescribe pain medication, which should be taken as directed.
 - The foundation of pain control should be alternating doses of acetaminophen (Tylenol) and ibuprofen (Motrin) every 3 hours. The first home dose should be timed according to last known dose received at surgical facility.
 - The patient may also be prescribed steroids with a refill. The first dose is often taken the 3rd day after the procedure.
- **Diet:**
 - Start with clear liquids (like water, apple juice, or ice chips) once fully awake. Gradually progress to soft, cool foods such as ice cream, yogurt, and applesauce.
 - Avoid hot, spicy, or rough foods (like chips) that could irritate the throat for the first 1-2 weeks.
 - In certain instances, you may be advised to remain on a soft diet for a full 2 weeks after the procedure.
- **Hydration:**
 - Stay well-hydrated by offering plenty of fluids throughout the day. Dehydration can increase pain and slow recovery.
- **Activity:**
 - Rest is essential. Patients should avoid strenuous activities, rough play, and sports for at least two weeks after surgery.
 - Encourage quiet activities such as reading, drawing, or watching TV.
- **Bleeding:**
 - Some minimal/mild bleeding is common, particularly during the first few days. However, if you notice significant bleeding (bright red blood) from the mouth, swish and spit ice water for 10 mins and if unable to get it to stop after that then contact your doctor immediately or go to the emergency room.
- **When to Call:**
 - Persistent high fever (above 101°F)
 - Difficulty breathing
 - Severe or persistent vomiting
 - Signs of dehydration (such as decreased urination)
 - Severe pain not relieved by medication.
 - Significant bleeding from mouth or nose.

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