



# Tonsillectomy/ Adenoidectomy Brochure

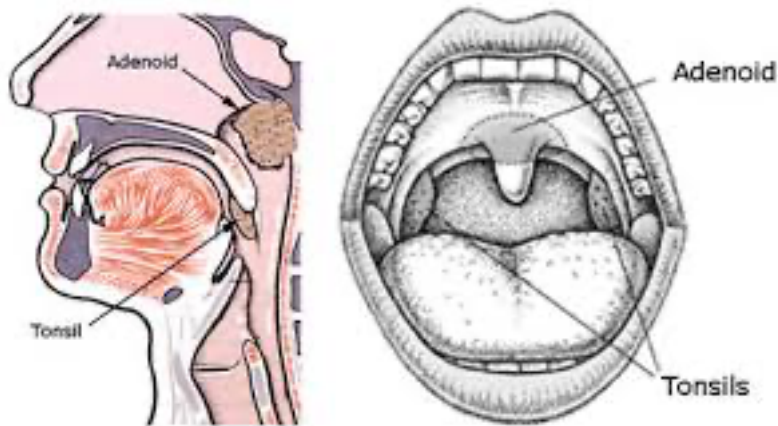
## What is tonsillectomy

This is a surgical procedure done to remove your(your child's) tonsils

### How is the procedure done?

You/your child will be put to sleep by the anaesthetist. The mouth will be opened and examined. The tonsils are located at the back of your mouth (oropharynx). Adenoids are located at the back of the nose. The procedure will then be done and you/your child will be woken up afterwards.

### **Location of tonsils and adenoids**



**The Adult and Paediatric ENT Clinic 0772721628**

**123 Baines Avenue Harare (Cnr Baines/Fourth Street)**

## What to do before the procedure

You need to fast for 6 hrs before the procedure. This is very important as there is a significant risk of aspiration if you are not fasted.

Tell your doctor if you/your child takes regular medications.

Tell your doctor if your child/you have bleeding problems

The procedure will take about one hour.

## What to expect after surgery

Pain—there will be pain for at least two weeks. You should make sure pain medications will be given as prescribed. Missing doses should be avoided. Pain worsens between day 5 and day 8 and will be minimal by around day 10.

Ear pain may also occur. This is part of tonsillectomy pain and continue taking pain medications.

Bad breath—may happen during the healing process. There will be some whitish/creamish slough on your throat that causes this bad breath. Gurgles with saline, hydrogen peroxide or Andolex may be helpful. The bad breath and slough will be gone by day 12-14.

Bleeding—there is a risk of post procedure bleeding. This may happen around day 5-8 but can happen anytime. Children may not show evidence of bleeding as they may swallow the blood.

If your child is weak and drowsy and does not look well call the surgery and return for further examination. If there is any bleeding more than a teaspoon or you are worried about it call your doctor and return. You can attend emergency rooms if the bleeding is torrential.

Numbness of the tongue may occur as the tonsillectomy equipment press on your tongue.

There may be some lip and tongue/dental bruises from the equipment

## Feeding

This is a very important part of the post operative care. The preference is to go back to usual home food by the time you/your child is discharged from hospital. This helps with healing and lessens pain. If by any chance there are missed pain killers, eating will be poor as there will be pain.

In the hospital you/your child will receive ice cream/jelly then normal lunch.

### Days in hospital

Depending on the circumstances, you/your child may be discharged on the same day. However overnight stay may be preferred in some cases. Again the management in hospital is the same as that you would do at home.

Antibiotics—the decision will be made whether or not you/your child will receive antibiotics. If they receive this make sure the course is completed.

### Return to usual activities

We recommend two weeks off school or work. You/your child should resume usual activities in two weeks. Strenuous exercises should be avoided. If there is any queries the surgeon will be happy to attend to.