

RED RIVER E.N.T. ASSOCIATES

DR. CHRISTIAN WOLD

221 Windermere Blvd.

Alexandria, LA 71303

(318) 443-9773 Fax (318) 443-9799

PRE-OP INSTRUCTIONS FOR TONSILLECTOMY AND ADENOIDECTOMY

The surgical facility, where your surgery will be performed, will contact you the day prior to surgery to let you know what time to arrive the morning of your surgery. If you have not heard from them by 1 pm the day prior to your surgery, contact the surgical facility.

Do not eat any foods or drink any liquids after midnight the night before your surgery!

What to expect the morning of surgery at the surgery facility:

1. Consent forms for your procedure will be signed that morning. You will meet the anesthesiologist who will be putting the patient to sleep.
2. Children will be given a sedative by mouth about 15 minutes prior to being brought into the operating room. In the operating room your child will be placed under general anesthesia/ be put to sleep, by breathing in an anesthetic agent through a mask. Afterwards an IV will be started and a tube inserted into his/her mouth to control breathing.
3. Adults and older children will have an IV started prior to being brought into the operating room. In the operating room, you will be placed under general anesthesia/ be put to sleep, by the administration of medications through your IV. A tube will then be inserted into your mouth / airway to control your breathing.
4. An instrument called a mouth gag will be inserted into the mouth to hold the mouth open.
5. Reaching behind the soft palate, adenoid tissue (tonsil-like tissue behind the nose) will be removed using curettes and/or bovie (electro-surgical device), and then using a microscope and CO2 laser both left and right tonsils will be removed.
6. The mouth gag and the tube in your mouth will be removed, and you will be taken to the recovery room.

7. I will then meet with your family to discuss my surgical finding around 15 minutes later. Then you will be reunited with your child/ family member in the recovery room.
8. Usually you will be observed in the recovery room area for approximately 2 hours and then discharged after being checked by the anesthesiologist. The child/ family member should have had the first round of pain medication and tolerating liquids, not vomiting, and having no significant bleeding.

POST-OP INSTRUCTIONS FOR TONSILLECTOMY AND ADENOIDECTOMY

Following your discharge, you may experience a small amount of bleeding – but no more than a small amount of blood streaked sputum. Spitting up a mouth full of bright red blood or blood flowing from the nose, in the first 24 hours following a tonsillectomy, indicates abnormal bleeding and will probably require a return trip to the operating room to control the bleeding. Contact Dr. Webb immediately should this occur and go to the emergency room at your local hospital!

Bleeding 5 to 10 days after undergoing a tonsillectomy is seen around 5% of the time. Bleeding that occurs 5 to 10 days after surgery will usually stop by gargling with ice-cold liquids. If you encounter such bleeding and it does not stop after gargling with ice-cold liquids, call our office to notify Dr. Wold and then go immediately to the emergency room at you local hospital. Sleeping in the same room as your child who as undergone the tonsillectomy is recommended for the first 7 o 10 days following the surgery – in the event that bleeding occurs, you can quickly attend to it.

Once you are discharged from the surgery facility, you can drink any liquid and should eat only soft foods such as: ice cream, jello, pudding, yogurt, soup, scrambled eggs, rice and gravy, mashed potatoes, noodles, etc. Do not eat crackers, potato chips, bread with hard crust, or any other solids that may scratch your throat and cause bleeding. You should stay on the liquid/soft food diet for 7 to 10 days following your surgery. If you are unable to swallow, due to the pain, and cannot drink liquids, you should contact our office as this may require admission to your local hospital if the patient becomes dehydrated.

On the day following surgery it is okay to go outside, but no physical exertion for at least 10 days following your surgery. You may return to school or work on the 5th postoperative day if you feel up to it, but most will not do so until the 7th to 10th days following the surgery.

Pain following the tonsillectomy is usually felt not only in the throat region but also radiates to the ears. Pain medication (to be taken every 4 hours should you experience pain) will be prescribed with refills. For the first 2 days, it is recommended that you take the prescribed dose of your pain medication at least every 4 hours even if you are experiencing no pain or only mild discomfort. This will

prevent a later build up of the pain making it difficult to control. Pain is usually the worst on days 5 to 7 following surgery. In older children and adults, chewing gum seems to help exercise the muscle of the throat and reduce the postoperative pain. Also, opening the mouth and sticking out the tongue stretches the throat and tongue muscles and reduce the throat and ear pain.

Fever from 99 to 101 degrees is often seen following a tonsillectomy. It is usually due to decreased fluid intake. You can take Advil or Motrin liquid for the fever - given according to the dosing schedule on the package. Should your fever remain at or above 102 degrees, notify our office.

A postoperative visit with Dr. Wold will be scheduled for 10 – 14 days following your surgery. Should you have any questions following the surgery you can reach him at his office (318) 443 - 9773.

NOTE: Basically, common sense is the most important thing. If the patient wants to progress and have soft foods on day 1 then this is okay. Anything that can "slide down the throat" is okay to eat from day 1, etc. Example: rice and gravy, macaroni and cheese, pasta, bologna, Vienna sausages, hot dogs cut up into smaller pieces, etc.

***** Chewing gum is very important from day 1 and on. If the patient isn't sleeping or eating something, they should be chewing gum! Of course if the child swallows the gum, then this won't work. Usually even "gum swallows" will not swallow gum after a tonsillectomy due to the throat pain. For these patients who tend to swallow it right away, then gum chewing will be off the diet. COMMON SENSE and when all else fails, call the office and we can help you over this TOUGH time.