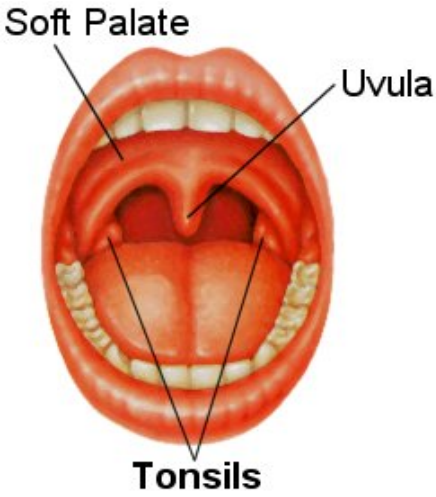
Tonsillectomy, Information Before and After

You and your caregiver have decided that the best treatment for you is to have a tonsillectomy. This is often done because *conservative* (non-surgical) treatment has failed to help your problems. This procedure is also sometimes done if a tonsil seems to be abnormally large for no reason. The tonsils are the little balls at the back of your throat. Because of their design (they have little crypts which can collect debris), they often become infected. The tonsils are only part of the lympod tissues of the mouth and throat that help fight against infection. Removal of the tonsils dos not cause and increased risk of infections.



BEFORE SURGERY

You should be present one hour prior to your procedure or as directed. Check in at the admissions desk to fill out necessary forms if you are not pre-registered. There will be consent forms to sign prior to the procedure. There is a waiting area for your family while you are having your surgery.

LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING:

- Allergies.
- Medications taken including herbs, eye drops, over the counter medications, and creams.
- Use of steroids (by mouth or creams).
- Previous problems with anesthetics or novocaine.
- Possibility of pregnancy, if this applies.
- History of blood clots (thrombophlebitis).
- History of bleeding or blood problems.
- Previous surgery.
- Other health problems.

FOLLOWING SURGERY

After surgery, you will be taken to the recovery area where a nurse will watch and check your progress. Once you are awake, stable, and taking fluids well, barring other problems you will be allowed to go home. Throat soreness may continue for two to three weeks. There also may be pain felt in the ear that causes an earache.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not take aspirin. This increases the possibilities for bleeding.
- Obtain proper rest. You or your youngster may feel worn out and tired for a while.
- Because of the sore throat and swelling the appetite may be poor. Soft and cold foods such as ice cream, popsicles, and cold drinks are usually tolerated best.
- Avoid mouth washes and gargles. Avoid people with upper respiratory infections such as colds and sore throats.
- An ice pack applied to your neck may help with discomfort and keep swelling down.

SEEK MEDICAL CARE IF:

- There is increased bleeding, if you vomit, or cough or spit up bright red blood.
- There is increasing pain that is not controlled with medications.
- An unexplained oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests.
- You feel lightheaded or have a fainting spell.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You have any other allergic problems.

Document Released: 04/07/2004 Document Re-Released: 05/06/2010
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