



Adenoidectomy Tonsillectomy

PRE OP INSTRUCTIONS

Prior to any surgery it is important that necessary precautions are taken to the risk of operative bleeding as well as general anaesthesia. Following are some important pre operative instructions.

- 1) If you or any blood relatives have tendency to bleed or bruise easily please notify the surgeon.
- 2) Disclose all medical illness to the surgeon and the anaesthetist. By doing so the doctors are able to determine your anaesthetic risk, and do appropriate pre operative investigations and optimise your medical treatment. If there is a need your surgeon may get other appropriate specialists involved for the pre operative work up.
- 3) If you are a smoker, you must stop smoking at least two weeks prior to surgery. If you have addiction to pain killers ,opiates, any pain syndrome or drug addiction please inform your surgeon.
- 4) If you take blood-thinning medications such as Warfarin, Aspirin or Newer anti platelet medications, these need to be disclosed to the surgeon. The surgeon will ask you stop these for 10 days if it is safe to do so, after consultation with your physician prescribing meds. He may cancel surgery if the risk of stopping such medications is too high.
- 5) There is potential of certain dietary supplements, including garlic, Ginkgo biloba, ginger, ginseng, glucosamine fish oil, and vitamin E, to interfere with haemostasis. These and any other supplements should also be stopped well in advance.
- 6) Practical matters: Stay 1 night in hospital. Organise sufficient assistance at home. Stay with close proximity to a Major ENT service Hospital for 3 weeks with transport , incase of a sudden bleed. Have access to a phone. No public transport, Do not drive or travel first 3 weeks.
- 7) Do not eat for 6 hrs pre operatively, water up to 2 hrs prior surgery. If on weight loss meds you may need to fast for longer and inform the anaesthetist.
- 8) If you become pregnant, unwell prior to surgery please inform the surgeon.
- 9) if you are a parent you MUST remain in the SURGERY UNIT at all times. Bring a snack or a friend if that helps.

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Post Op Instructions

Bleeding

If there is any fresh blood dripping, or clots noted you must proceed to Public Hospital ED without delay to be admitted to be kept under observation. There is a rare risk of haemorrhage following small “warning” bleeds. Bleeding should not be taken lightly. You may also contact the surgeon, but do not delay going to ED.

Pain

You will be quite sore post operatively. Take paracetamol every six hours for 5-7 days even if not sore. Take Endone only if needed and as prescribed. Ensure that you know how to take the correct amount. **DO NOT** use Endone in the presence of drowsiness. Medication dose will be tailored to you.

Swelling:

For Tonsillectomy you will likely be given 10 days of antibiotics and 3 days of steroids. I also ask my patients to gargle with 20 ml of warm salt water with an addition probiotic powder. Children may use “probiotic gummies”, this may reduce pain. Adenoid surgery- this is not needed unless infected.

Eating and Drinking

One should eat normally. Eating toast, rough foods will help keep the throat clean, and reduce the chance of bleeding. You must drink plenty of fluid.

Sleeping/ Showers

It is best to sleep slightly propped up. Lying completely flat congests the throat, and can increase the chance of bleeding. Carer sleep in the same room. Do not have long hot showers.

Traveling

Stay close proximity to a main hospital with ENT cover up to 3 weeks. Generally is safe to go to school/Work after two weeks (one week if adenoids alone) , but **NOT** travelling or camping!!

General activity

I would just be sensible. No organised sports for 3 weeks. Nothing too vigorous, but there is no need to spoil your child enjoying a good post operative recovery. Avoid hot showers.

Infection

Surgery site will be quite yellow, and that is normal. However it is common to be given about 10 days of antibiotics.

Home





You must have access to a phone and a friend to drive you to hospital in the case of haemorrhage.

Adeno-Tonsillectomy Consent For Your Surgery

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Informed consent is a process of finding out information about the recommended treatment, alternative options and weighing up the benefits and risks involved. However it is not an exhaustive list of every single possible complication.

Consent Covers

- The diagnosis and likely outcome (prognosis) of your condition
- An explanation of the recommended treatment
- The risks of the procedure and common side effects
- Possible complications
- Specific details of the treatment; for example, where it will be performed and who will perform it
- Any other options for treatment and their probability of success.

You would also be provided with an official handout about surgery, which you will be required to read and understand. If you have any specific matters which you like to further discuss you are requested to contact the surgeon and make another appointment prior to surgery. You have the right to cancel surgery if you wish to do so.

Summary of the risks and complications of tonsillectomy which your surgeon has discussed with you include the following

- 1) Pain (less with adenoids alone)
- 2) Infection
- 3) Bleeding (less with adenoids alone)
- 4) Rare risk of haemorrhage and need of a transfusion.
- 5) Extremely rare risk of a life threatening bleed (higher in very young children,
- 6) Injury to teeth Jaw joint pain, and other surrounding structures
- 7) Altered voice, Nasal speech, rare increase in snoring (if scarring)
- 8) Altered taste
- 9) Rare recurrence of tonsils, (adenoids more common)
- 10) Risks of anaesthesia: Anaesthetist will discuss this on day of surgery
- 11) With adenoids small risk of reflux of air, food to the nose





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YOU HAVE RECEIVED THE FOLLOWING CLINICAL INFORMATION

- 1) Surgical Information Pack - Pre Op, Post Op and Consent
- 2) Multimedia video clip
- 3) Hospital Admissions Form (online)
- 4) Quotes, Anaesthetic Services Fee and Booking Form
Patient to complete and return to Anaesthetic Service
- 5) Confirm Theatre Admission with the selected Hospital
- 6) Information about the process on the day
- 7) Patient to contact the surgeon if you have any further questions,
after reading through all of the information.

- 8) You will proceed to Public Emergency incase of a bleed without
any reason for delay.

