

**Eastern Carolina ENT Associates, PA  
(919) 934-0948**

**TONSILLECTOMY HOME CARE INSTRUCTIONS**

**WHAT ARE TONSILS?**

Tonsils are lymph glands in the throat. They are usually larger in children than in adult. Occasionally the tonsils may become infected, requiring treatment with antibiotics. Generally, this does not mean the tonsils need to be removed. However, if you/child has a great many tonsil infections requiring antibiotics, or if an infection causes an abscess to form around the tonsil, your doctor may recommend a tonsillectomy. In some children greatly enlarged tonsils may cause difficulty in breathing, if this occurs, your doctor may recommend a tonsillectomy.

**WHAT IS A TONSILLECTOMY?**

A tonsillectomy is the surgical removal of the tonsils. You/child will be admitted to the hospital and have general anesthesia in the operating room. The doctor will open your/child's mouth and remove the tonsils. The operation usually takes about 45 minutes to an hour.

**DOES MY CHILD HAVE TO STAY IN THE HOSPITAL?**

No, you/child will not have to stay in the hospital, but occasionally an overnight stay is required.

**WHAT TO DO BEFORE SURGERY?**

You/child should not take aspirin for 2 weeks before surgery because aspirin may cause increased bleeding during the surgery. Tylenol may be given if such medication is needed. It is important that you/child not eat or drink for several hours before surgery. The exact time to stop eating and drinking depends on the time of surgery. Please call our office at 934-0948 for answers to any questions that you might have.

**WHAT WILL HAPPEN WHEN I COME TO THE HOSPITAL THE DAY OF THE SURGERY?**

You will be told to be in the hospital about two hours before your/child's expected time to go into the Operating Room. After your/child's surgery, he/she will go to the Recovery Room for about an hour where special nurses will care for him/her until he/she begins to wake up from surgery and his/her vital signs(temperature, heart rate, blood pressure, breathing) are in the range of normal. This is usually about two to three hours later. So you can expect to be in the hospital about 6 to 8 hours from the time you go to hospital until the time you go home.

## **WHAT WILL I HAVE TO DO AFTER SURGERY AT HOME?**

- 1.** No exertional activity, home rest. (TV, board games, reading, books)
- 2.** Must be accompanied by responsible adult at all times.
- 3.** No traveling.
- 4.** Diet soft, warm, non grits consistency, encourage fluids, (Jell-O, ice cream, pasta)
- 5.** Pain medication as prescribed; preferably 15-30 minutes prior to meals and bedtime.
- 6.** Antibiotic as prescribed
- 7.** If bleeding occurs, rinse with ice water for 2 minutes, if it doesn't stop call Dr. Catz 934-8171 and beep. Leave name, date of surgery, problem and go to the emergency room.
- 8.** Patient may return to school after 1 week, but is not to participate in P.E. for 1 more week.
- 9.** Follow up in our office in 2 weeks.