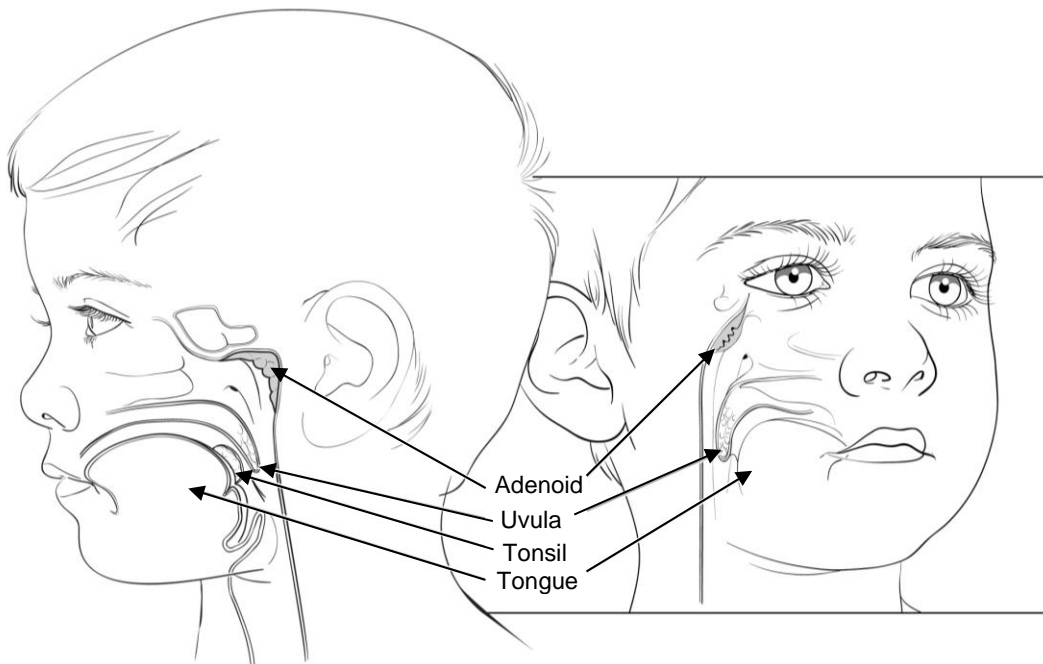


## Tonsillectomy and Adenoidectomy

Many children have their tonsils and adenoids removed at the same time. They're removed during a surgery called a tonsillectomy and adenoidectomy (T & A). The tonsils are 2 lumps of tissue in the back of the throat (Picture 1). The adenoids are a patch of tissue behind the nose. Some common reasons for a T & A are:

- Infections – The tonsils and adenoids help fight infections. They may swell when your child is sick. If your child gets strep throat often, they may need their tonsils removed.
- Breathing problems – If the tonsils or adenoids are too big, they can block part of your child's airway. This makes it harder for them to breathe. It usually gets worse at night when they're lying down to sleep. If they stop breathing for a short time while they're sleeping, this is called sleep apnea.



**Picture 1** Where the tonsils and adenoids are.

## Day of Surgery

- Your child may bring a favorite toy with them.
- Bring your driver's license or other form of identification (ID) and your health insurance information.
- Your child will have a physical exam before surgery to check their:
  - Weight                      – Height                      – Blood pressure                      – Temperature
- A nurse will take care of your child and discuss routines, procedures, and home care.
- Your child will be given anesthesia. This is a medicine that helps them sleep during surgery.
- After they're asleep, an intravenous (IV) catheter will be placed in their arm or hand. This will keep them hydrated until they can drink on their own.
- Your child may need to stay at the hospital overnight after surgery. This depends on their age and symptoms.

## After Surgery

- Your child may throw up (vomit) after surgery. This is normal.
- For the first 1 to 2 hours after surgery, your child can have **clear** liquids like 7-Up®, Popsicles®, and apple juice. They will be given solid food once they can tolerate liquids without nausea or vomiting.
- Your child's throat will be sore. Nurses will give your child pain medicine after surgery. They will get a prescription for pain medicine when they go home.

## Follow-up

The ENT nurses will follow up with you by phone 4 to 6 weeks after surgery.

- If you have questions or concerns about your child, call the ENT Nurse Triage Line at (614) 722-6547.
- Call the ENT Clinic at (614) 722-3150 if you need to cancel or reschedule an appointment. The clinic is open from 8 a.m. to 4 p.m. Monday through Friday.
- Call the hospital operator at (614) 722-2000 if it's outside of regular clinic hours.