

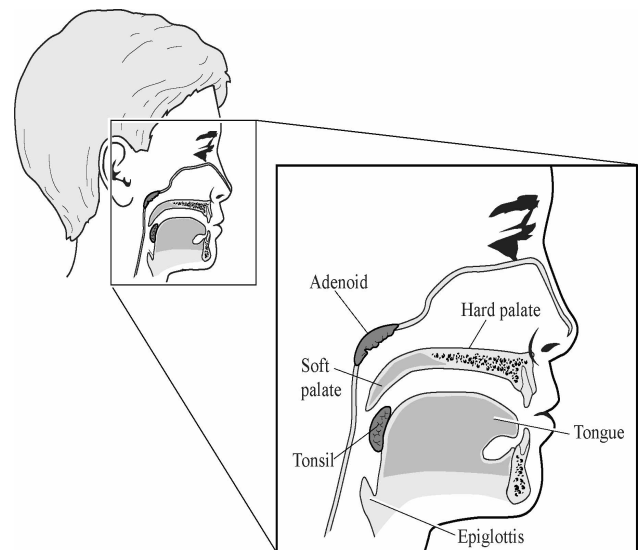
T & A (Tonsillectomy and Adenoidectomy)

Your child is scheduled for a T&A (picture 1) at Nationwide Children's Hospital. A nurse from Outpatient Surgery will call you the afternoon of the day before surgery to give you the following information:

- The time to stop giving food and liquids before surgery
- The time to arrive at the hospital
- The time of surgery.

The nurse will also ask you questions about your child's health including:

- Recent exposures to contagious diseases
- Any medicines your child is taking
- Anything about your child's health that the doctors and nurses need to know to best care for him or her.



Picture 1 Tonsils and adenoids in the body.

You may call the **Surgery Center at (614) 722-2920 after 2 pm the day before surgery** for any information regarding your child's scheduled procedure. If no one has contacted you by 5 pm, please call the **Main OR at (614) 722-5200**.

Preparing for surgery

- If possible, attend a Welcome Walk Orientation Program at Nationwide Children's Hospital before your child's surgery. Children and their parents will tour the hospital unit, pre-operative area, and recovery room. There is also a "medical playtime" for the children while a nurse talks with the parents. The tours are helpful for children ages 2 to 12 and their parents. Brothers and sisters are also welcome. Please call Family and Volunteer Services at (614) 722-3635 to make reservations.
- **Starting 2 weeks before surgery, do not give aspirin. This medicine may contribute to bleeding problems during or after surgery.**

Preparing for surgery, continued

- Explain to your child that he or she will be asleep while the doctor removes the tonsils and adenoids. The child will wake up in the recovery room after surgery. A special doctor or nurse will be there to make sure that your child does not wake up until the surgery is over.
- Explain to your child that he or she will have a very sore throat and will need to drink a lot of liquids to feel better. Your child will be given pain medicine to help the sore throat.
- Please check with your child's school, day care, friends and relatives to see if the child may have been exposed to any contagious diseases, including the flu or chickenpox in the last month. If your child has been exposed, call the **ENT Clinic at 614-722-6547** or your child's doctor's office.
- Give your child a bath or shower at home the night before surgery.
- Your child may bring a few favorite toys. Please label all items with his name.

Food and drink

It is very important to follow these instructions exactly.

- Your child may have **CLEAR LIQUIDS up to 2 hours before surgery**. After that, he may have nothing else to drink. Clear liquids are those you can **see through** that have no pulp or food bits in them. Examples of clear liquids are water, apple juice, white grape juice and Pedialyte[®].
- Your child may have breast milk up to 4 hours and formula up to 6 hours before surgery and water or Pedialyte[®] up to 2 hours before surgery. **All other liquids, semi-liquids and solid foods MUST BE STOPPED 8 hours before surgery.**
- **Chewing gum, cough drops, and hard candy are not allowed.** If your child has been chewing gum, **surgery will be delayed 2 hours** from the time the gum is spit out. If the gum has been swallowed, **surgery will be delayed 8 hours** from the time it was swallowed.

The day of surgery

- Bring your child to the Surgery Unit or Surgery Center entrance.
- If you have a health card or insurance forms, bring them with you. You also need to know if your child's immunizations are up to date.
- Please bring your child's social security number and the social security number of a parent or legal guardian.
- Your child will be weighed and measured. He will also have his blood pressure and temperature checked.

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The day of surgery, continued

- Your child will be given a physical examination.
- You will fill out a form and talk to an anesthesiologist before surgery.
- Your child will be given a toy to keep.
- A nurse will be assigned to you for all the time your child is in the hospital. The nurse will give care and explain to you routines, procedures, and home care.
- Children under 12 are **not allowed** to visit the patient units. This helps reduce the risk of infection to our patients.
- Parents must wear badges at all times. Visitors must go to the information desk and get a blue visitor's badge. Adults will need photo ID to get a badge.

What to expect after surgery – recovery room

- Your child's throat will be very sore. Pain medicine may be given by the nurse every 3 to 4 hours the evening and night after surgery. The more your child drinks, the better he or she will feel. Your child's doctor may also give you a prescription for medicine to give your child for pain when you take him home.
- Your child will have an IV (intravenous line) until the child can drink on his or her own. The IV is put in after your child is asleep in the Operating Room.
- Your child may throw up after surgery. This is normal. Call the nurse if this happens.
- For the first 1 to 2 hours after surgery your child will have only water. After that, **clear** liquids such as 7-Up[®], popsicles, and apple juice will be given. Solid foods are given later when the child is ready.

Care at home

After Adenotonsillectomy: Your child's surgery was done by Dr._____.

If you have any questions, please call our clinic at 614-722-3150. Watch for bleeding, which can occur as late as 7 to 10 days after surgery. **If you notice bleeding or if you have other concerns, please call your child's doctor.**

What to expect at home

- After surgery it is normal for your child to have a sore throat for 7 to 14 days.
- Some children may have ear pain up to a week after surgery. It may be worse at night. This is normal and is not a problem. The pain is coming from the tonsil area. Giving pain medicine usually helps.

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What to expect at home, continued

- It is normal for your child to have a low-grade fever (100 to 101 degrees) for 1 to 3 days. If your child has a temperature higher than 101 degrees F, call the doctor.
- It is normal for some children to snore immediately after surgery. This is all right and should go away in a week or so.
- It is common for children to have mild nausea or to vomit the first day after surgery. Please call your child's doctor if vomiting continues longer than the first day after surgery.
- Some children may have increased pain around 5 to 7 days after surgery. This is normal. Please continue to give your child pain medicine and encourage him or her to drink fluids (Picture 2).
- Gray or white film will appear where the tonsils used to be. This is the scab area. About 5 to 10 days after surgery, this film will come off. Your child may have a sore throat again for a day. Drinking plenty of fluids will help to lessen the discomfort.
- Your child may have bad breath, a "stuffy nose," and drainage for 7 to 10 days after surgery. This is normal and will go away as he or she heals.
- Get your child up and about. Play is all right, as follows:
 - Quiet indoor play for 2 weeks
 - No outdoor play for 2 weeks
 - No gym or recess for 2 weeks.
 - Your child may return to school in 7 to 14 days.
 - He or she may not participate in sports, gym or recess until 14 days after surgery.
 - Your child may not travel out of the city or fly for 2 to 3 weeks.



Picture 2 It is very important to drink plenty of clear liquids after the T&A.

Please watch for:

- Any bleeding from the mouth or nose.
- Signs of dehydration, like low urine output, dark urine color, or dry diapers in infants.
- Vomiting that lasts for more than 12 hours.

If you have any questions about these instructions, call your child's doctor's office.

Diet

- Encourage your child to eat soft foods for 14 days after surgery. Make sure your child drinks plenty of liquids, often.
- Staying well-hydrated can help to lessen pain and improve overall recovery.
- Please make an effort to give your child fluids (2 or 3 ounces) every hour while he or she is awake for the first 2 days after surgery. Water, fruit juice, Jell-O[®], Popsicles, Smoothies, and Gatorade[®] are good choices.
- **Do not give your child foods that are crunchy or hard such as potato chips, crackers, popcorn, and tacos.**

Pain medicine after surgery

Your child's doctor will base the dose of pain medicine on your child's height and weight. You will have information on medicine, dosage and times to give listed on your child's discharge papers.

Safety tips and other advice

- Read the label each time before you give your child this medicine.
- Give the exact amount of medicine as ordered by the doctor.
- If the medicine is a liquid, use a pediatric measuring device (available at the pharmacy) to measure the exact dose. Do not measure medicines using kitchen spoons.
- Stay with your child until he or she has swallowed the dose of medicine.
- Do not give more than 5 doses of this medicine in a 24-hour period unless ordered by your child's doctor.
- Store all medicine out of the reach of children.
- If your child or someone else takes too much of this medicine, first call the **Central Ohio Poison Center at 1-800-222-1222 (TTY 1-866-688-0088)**. They will tell you what to do.

Follow-up

Generally, most children do well after tonsillectomy and adenoidectomy surgery. The ENT nurses will follow up with you by phone within 4-6 weeks after surgery.

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Follow-up, continued

You do not need to follow up with your child's surgeon unless:

- A specific appointment time has been discussed with you by your child's surgeon (please call 614-722-3150 to schedule that appointment).
- An appointment sheet has been given to you with a specific time and date. Please refer to that sheet for your appointment. If you need to change or cancel the appointment for any reason, please call the ENT Clinic at 614-722-3150 to reschedule.

If you have any concerns, you may notify us and an office visit will be scheduled. Please call the ENT nurse at 614-722-6547 with any questions.

For appointments, please call: Central Scheduling at 614-722-6200 or the ENT clinic at 614-722-3150.

If you call before or after office hours (8 am to 4pm, Monday through Friday): call the Nationwide Children's Hospital Operator at (614) 722-2000. Ask for the ENT resident on call.