



Keeping our mob healthy

Ear, Nose and Throat - pre-admission advice

Tonsillectomy with or without adenoidectomy

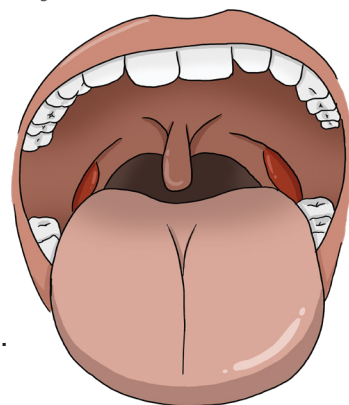
(ton-cel-ek-toe-me)

(ad-noy-dek-toe-me)

Tonsils (ton-cels) and adenoids (ad-noy-ds) help to stop germs from getting into your body through the mouth and nose.

Tonsils and adenoids are removed if they get too big, infected or cause problems with swallowing and breathing.

- Tonsillectomy (removal of tonsils) and adenoidectomy (removal of adenoids) are 2 different surgeries, but can be done at the same time.
- The surgery is done under a general anaesthetic (sleep medication).
- The surgery time and recovery from anaesthetic is different for everyone.



Before surgery

The nurse will call you 2 days before the surgery date to check that bub is well and yarn about:

- tell you when bub needs to stop eating (fasting/empty tummy)
- what time to come to the hospital
- what time surgery will be.

Good to know

- It is **very important** that you **answer your phone** or contact the nurse on the number that she sends you. If we can't get hold of you the surgery **will be cancelled**.
- PCH number comes up as a **private caller**.
- Country families **must stay in the Perth area for 14 days after bub's surgery in case of bleeding**.

Before surgery bub should stop taking the medications below before surgery as these may increase the risk of bleeding:

Type of medication	Some brand names	Time to stop before surgery
Aspirin	Disprin®, Aspro®	2 weeks
Ibuprofen	Nurofen®, Advil®	48 hours (2 days)
Naproxen	Naprosyn®, Naprogesic®	2 weeks

- Yarn with the pharmacist – let them know about bub's surgery.
- Yarn with the doctors and nurse – let them know if bub takes any medication, they will let you know if bub needs to stop taking them.

Yarn with bub, let them know what may happen in hospital. Answer their questions simply and truthfully. This will help them feel less scared.

On the day of surgery

- Bub will be admitted to hospital on the day of their surgery.
- Make sure that bub has not had anything to eat or drink (fasted/empty tummy) as bub can have problems during surgery, if they have any food or drink.
- It is very important to tell the people in admissions if:
 - anyone in the family has **problems with anaesthetics (sleep medication) or a bleeding disorder**
 - bub has eaten or had a drink.



Surgeons try to stay on track with the time for bub's surgery but sometimes other children might need emergency lifesaving surgery. This may mean that bub's surgery is pushed back and your wait time can be longer. The medical team and nursing staff will come and yarn to you if this happens.

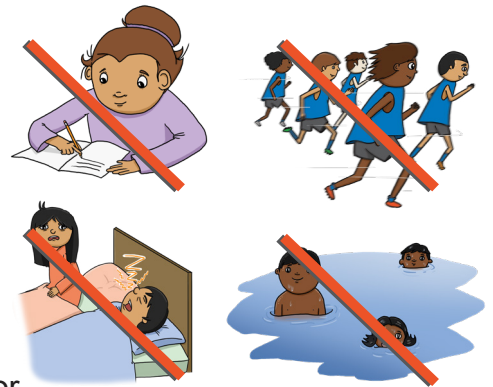
After surgery

- Bub will need to stay for at least one night after surgery so that nurses can keep an eye on them.
- If bub is recovering well, they may be discharged from hospital the next morning.
- If the doctors are worried about bub, they will keep them in hospital a bit longer to make sure they are ok.
- To help their healing, bub will need to take **regular pain relief and eat their usual foods** after surgery.
- For country families, bub must stay in the **Perth area for 14 days** after surgery in case of bleeding.

Daily activity

Bub will need to take it easy and rest at home for at least **2 weeks** after surgery.

- No school for 7–10 days after surgery.
- No sport for 2 weeks.
- No overnight stays away from home for at least 2 weeks.
- No swimming for 2 weeks after surgery.



If you have any questions about the surgery **call 6456 2222** ask for **Ear Nose and Throat (ENT) Department**.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
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