

Joplin Ear Nose & Throat

1920 E 32nd Street, Joplin MO 64804

Dr. Renee Walker D.O. 417-781-4613

Tonsillectomy and Adenoidectomy pre-op and post-op instructions

Pre-op instructions

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. If you do eat or drink the morning of the surgery, your surgery will be cancelled.

Time to arrive: You will be notified of the time of your surgery 24-48 hours prior to your surgery by the surgery center.

1. 10 days prior to surgery, DO NOT take any of the following: Motrin, Advil, Aleve, or other anti-inflammatory products; aspirin (unless you have discussed this with Dr. Walker and she has given specific instructions); herbal medications including fish oil, garlic pills and vitamin E; or diet/weight loss medications such as phentermine.
2. If you are currently taking **Warfarin, Plavix or Eliquis** – please contact the prescribing physician for specific instructions on how to stop taking these medications prior to surgery and re-start these medications after surgery.
3. If you take any medications for the following conditions - **blood pressure, seizures, blood clotting disorders, diabetes, or other chronic health conditions**, contact the surgical facility to obtain instructions on taking these the morning of surgery.
4. If you have a chronic condition and see a specialist for heart, lungs, kidneys, or seizure disorders, you will need to get surgery clearance. It is your responsibility to contact your specialist and provide the clearance confirmation to our office, at least one week prior to your surgery.
5. DO NOT consume alcohol or take any tranquilizers or sleeping pills on the day of surgery.
6. Please contact our office if you are sick with a fever over 101 degrees, have nausea, vomiting, diarrhea or a cough, or if you have a change in medications.
7. Bring a list of ALL medications you are allergic to and the reaction it causes.
8. You will need to arrange to have a driver – they will need to be at check-in, stay during your procedure and be able to drive you home after the procedure.

WHAT TO EXPECT AFTER SURGERY

1. Ear pain (this is not an ear infection)
2. Throat pain which may worsen 7-10 days after surgery as the scabs come off
3. The uvula, which is located in the back of the throat, may swell to a very large size
4. Large whitish scabs may form over the area where the tonsils were removed
5. Very bad breath
6. A low grade fever is normal for several days following surgery
7. Will miss school/work for 7-10 days following surgery.

FLUIDS ARE ESSENTIAL! Drink plenty of fluids to avoid dehydration. Drink enough to urinate at least twice per day (bare minimum). If dehydration occurs, go to an urgent care or emergency room. Cool fluids will be more soothing to the throat. Avoid acidic juices such as orange, tomato or grapefruit.

FOOD - The patient may eat anything they wish except...avoid crunchy or sharp edged foods. The patient may not be able to eat solid foods until the healing process is complete.

WHAT IS NOT NORMAL AFTER SURGERY

1. Bleeding from the tonsillar bed is NOT normal. If it does occur, try swishing and spitting ice water for 5-10 minutes. If the bleeding does not stop, call our office during regular business hours (Monday – Thursday 8-5 and Friday 8-12). If after hours, go to the emergency room.
2. However – where tonsils were removed and scabs have formed...as those scabs start to come off, a minimal amount of bleeding may occur -this should resolve within a few minutes.

If there are continued problems after three weeks, contact our office to make a follow-up appointment.