

Procedure Name: Tonsillectomy and Adenoidectomy

Brief Description of Procedure:

Tonsillectomy and Adenoidectomy (T & A) is the surgical removal of tonsils and adenoids. The adenoids may or may not be removed at the same time. T & A is usually performed when there is recurrent tonsillitis, strep throat infections, abscesses on the tonsils, suspected tonsillar tumors, or enlarged tonsils that block the upper airway.

Describe anesthesia type that typically is given:

General anesthesia is used for this surgery. You will be given anesthesia by an anesthesia specialist. Final preparations before your surgery may include: Attaching monitoring instruments to check your breathing, oxygen level, heart rate, blood pressure, and other body functions. For children, ages under 10, a general anesthesia is induced with a mask. After you are asleep, a small intravenous catheter is placed. For this anesthetic, inhalation anesthetics are given through an endotracheal (ET) tube. The airway is inserted after you are asleep. It is also common during general anesthesia for you to be given other medicines intravenously to maintain stable vital functions and to help prevent or decrease pain or nausea after the procedure. Some effects may persist for many hours after anesthesia has ended. Even if you feel alert and normal, your judgment and reflexes may still be affected for some time after your procedure, especially if you continue to take medicines, such as those to control pain or nausea.

What patients that smoke can expect when having surgery:

After surgery your anesthesia specialist will check your breathing and lung sounds to determine if a breathing treatment is needed. Smoking increases airway irritation, which leads to wheezing and coughing. Further breathing treatments and medications are sometimes needed.

Average length of surgery time:

30-45 minutes

Average length in immediate recovery:

20-30 minutes

Average length for time of discharge:

You can expect to be in your room at least 2 hours after surgery.



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When can you go back to work:

No school/work for 1 week and no physical activity (school PE) for 2 weeks as between 10-14 days is higher risk for post operative bleeding.

What kind of post discomfort can you expect:

A very sore throat usually follows a T & A and can last for 7-10 days for children/ adults up to 2 weeks or more. This may affect sounds and volume of your voice and your ability to eat. You must maintain a high fluid intake to decrease dehydration. Expect to feel “out of sorts” for a few days. You could experience a low grade fever (99 degrees) and feel fatigued. Your surgeon will write a prescription for a pain medicine and antibiotic.

Surgical Safety Checklist:

For optimal quality care and surgical safety, the following questions will be asked.

CONFIRM between patient, surgeon, and surgery team:

Identity of patient
Surgical site
Procedure
Sign Consent
Surgeon to mark the surgical site,
if applicable Allergies



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