

## No. 3

### **Information about surgical reduction of the tonsils and possibly adenoidectomy**

This guide is a supplement to the verbal information provided by the clinic staff

#### **Anesthesia:**

The sedation is performed by an experience anesthesiologist. You can accompany your child until he/she is asleep. During the surgery you can stay at the waiting area.

#### **Surgery:**

The surgery is performed under general anesthesia. The enlarged part of the tonsils causing obstruction of the pharynx is removed with electrosurgery. This method can cut the tissue with minimal bleeding and preservation of the remaining tissue.

#### **After the surgery:**

Once your child is sufficiently awake to breathe on its own, he/she will be taken to the post-operation room under the care of a trained nurse. You can sit next to your child while he/she becomes fully awake. There may be other children and parents in the post-operation room. After reduction of the tonsils and possibly adenoidectomy, a short period of coughing may produce some saliva with a small amount of blood. This is normal immediately after surgery. Your child may be complaining about nausea and a sore throat. Your child will receive a check-up by the surgeon before you can go home.

#### **At home again:**

Your child will need pain relief with Paracetamol 4 times daily and Bonyl 2 times a day for the first few days after surgery.

We recommend soft and cold food and drinks for the first 24 hours.

Your child needs to stay at home and at rest for 4 days after surgery, and avoid heavy exercise for 8-10 days to prevent bleeding.

#### **Complications:**

Bleeding and infection rarely occur.

**Turn the page to see your prescription medicine**

**Remember to pick up the prescription medicine from your pharmacy before surgery. Your prescription is online.**

**Pain relief (weight \_\_\_\_ kg)**

**1 hour before surgery:**

**Administer Paracetamol (Panodil/Pinex/Pamol) \_\_\_\_\_ mg/ml**

**After the surgery**

**Administer Paracetamol (Panodil/Pinex/Pamol) \_\_\_\_\_ mg/ml 4 times / 24 hours**

**And**

**Bonyl Mixtur 1ml/25mg Naproxen \_\_\_\_\_ml 2 times / 24 hours**

In case of complications as obstructed breathing or bleeding you can call the clinic on the number listed below.

**After 4pm you can call the surgeon directly.**

Poul Hansen  
Specialist in anaesthesiology  
Tlf. 2674 8626

Øreklubken 9740 2322  
After 11.30am 9742 1589

After 4pm Surgeon on-call:

\_\_\_\_\_ Dorit Thusholt 2628 0716

\_\_\_\_\_ Thomas Randrup 2785 8837