

Reduement of the tonsils

Welcome:

Welcome to our ear, nose, and throat clinic in Rømersgade.

This guideline contains information regarding the procedure and precautions before and after the operation.

The procedure:

A reduement of the tonsils is performed on children, when the tonsils are very much enlarged and causes difficulties eating, breathing, snoring and breaks in breathing during sleep.

Before the operation:

The stomach has to be empty before anesthesia. It is dangerous to sedate children with anything in their stomach.

Therefore it is not allowed to eat 6 hours ahead of the operation.

It is allowed to drink water (only water) up to 2 hours before the operation.

Breastfeeding is permitted up to 4 hours before the operation.

Asthma spray is used as it normally would be.

Before you leave home, please give pain reliever, Paracetamol (Panodil) rectally.

The operation:

The procedure takes place under general anaesthetics. The anesthesia is performed by our anaesthetist.

It takes less than a minute to be sedated, a needle will be placed in on hand.

The procedure is done through the mouth, which is held open with a mouth gag, that holds the tongue in place. The tonsils are reduced with electrical scissors.

After the operation:

Your child will most likely wake up crying and will be under observation while recovering in our clinic.

After surgery the uvula and tongue may feel enlarged which is normal.

You can leave the clinic when your child is stabil.

When you are home we recommend cold and soft foods the first 24 hours after surgery.

If your child experiences a lot of pain, pain reliever such as Paracetamol rectally is recommended.

Home transportation:

If you are driving, we strongly advise that you are accompanied by an extra adult.

Recovery at home:

If you look in the mouth after the procedure, you will be able to see soft grey/yellow sores.

These sores is part of the healing process and can result in bad breath. The sores will heal

within aprox. 10 days. It is necessary to stay home, and somewhat relaxed, for at least 4 days to recover.

We suggest that your child do not attend any sports activities of any kind for at least 14 days after surgery.

The risk of complications is small, if you should experience a continuing in bleeding you must call 112.