

Tonsillectomy & Adenoids

Preparatory Questions:

Required to prepare your child's book:

- What kind of tonsillectomy will they undergo? Select one.
 - Traditional Extracapsular Tonsillectomy (ET) – to remove both tonsils
 - Intracapsular Tonsillectomy (IT) – to remove a portion of the tonsils
 - Traditional Extracapsular Tonsillectomy and Adenoidectomy (ETA) – to remove both the tonsils and the adenoids. The adenoids are a patch of tissue that sits in the back of the nasal cavity.
 - Intracapsular Tonsillectomy and Adenoidectomy (ITA) - to remove a portion of the tonsils and have the adenoids removed. The remaining tonsils cover the muscles surrounding the throat. The adenoids are a patch of tissue that sits in the back of the nasal cavity.
- What is the expected outcome of their surgery? Select one.
 - Reduce the number of throat infections and pain
 - Improve breathing and or quality of sleep
 - Reduce infections and improve quality of sleep
- What is their primary need for surgery? Select one.

- Recurring throat infections, tonsillitis, recurring strep throat, sleep disordered breathing, sleep apnea, recurring sinus infections, enlarged tonsils, obstructive sleep, disordered breathing, swallowing problems
- How many hours before surgery must they stop eating?
- How many hours before surgery must they stop drinking all clear liquids, including water?
- What mode of transportation will be used to take them to the hospital? Select one. car, train, bus, taxi, bus & train
- How many caregivers* will accompany them at the hospital? One or two
- Will an IV (intravenous line) be administered while they are awake or asleep (under general anesthesia)?
- Are there any visitation or support restrictions I should know about?
 - **Tip: Hospitals have different protocols, so check in advance what is permitted**
- Are caregivers permitted in the room while the doctor administers their anesthesia?
- Once the surgery is complete, are caregivers permitted in the recovery room right away or are they required to wait until they are fully awake?
 - **Tip: Some hospitals require caregivers to wait until the child is fully awake before entering the recovery room. Check beforehand and PREP accordingly**
- Will they be discharged same-day or staying overnight for observation?



Important Note: If your child has any pre-existing medical conditions or specific healthcare needs, we highly recommend discussing them with the medical team ahead of time. You can ask if there are any special precautions or considerations due to your child's unique medical needs.

Additional Questions (Optional):

Procedure Details:

- Can you explain the procedure in simple terms?

Preparation:

- Should any medications be stopped before the surgery? Which ones and when?
- Is there any specific preoperative routine we should follow?

Anesthesia:

- Who will administer the anesthesia? What's their experience?
- What type of anesthesia will be used? Are there any risks or side effects associated?

Risks and Benefits:

- What are the potential risks and complications of the surgery?
- Are there alternative treatment options to consider?

Recovery and Aftercare:

- What will the recovery process look like?
- Are there any specific care instructions we should follow at home?

Pain Management:

- How will pain be managed after the surgery?
- What medications or techniques will be used for pain relief?

Contact Information:

- Who should I contact if there are any concerns before or after the surgery?
- How can I reach the medical team in case of emergencies?

Preparing the Child:

- Are there any resources you can recommend to prepare for surgery?
- Are there any visitation or support restrictions I should know about?

Post-Surgery Care:

- What signs should I watch for that might indicate complications?
- When should we schedule a follow-up appointment after surgery?

Diet and Activity:

- What dietary guidelines should we follow during the recovery period?
- Are there any restrictions on physical activity?

Surgical Team:

- Who will be part of the surgical team?



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* Caregivers: PrepMeKids classifies parents, legal guardians, family members, social workers, and adults providing care as caregivers.



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