

Intracapsular Tonsillectomy (+/-) Adenoidectomy

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Before Surgery:

- Your child must come to the hospital or surgery center on an empty stomach. This means *NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY*. This includes all foods, all liquids, gum, candy, mints, etc.
- Surgery will be cancelled if the patient does not have a completely empty stomach.
- Please call the hospital the day before surgery between 8 am and 4 pm to get your arrival time.

The Procedure:

- If you are interested, Dr. Bowman produced a YouTube video about the surgical technique if you are interested. Search YouTube for “*Intracapsular Tonsillectomy*.” The video was created by username MBowmanMD.

What to Expect after Surgery:

- Your child’s throat will be sore for 3 to 7 days. Complaints of ear pain will often accompany tonsillectomy. Prescription pain medicine may be prescribed for pain. Use this medicine every four hours for the first 5 days, then use as needed for pain. Children’s Motrin or Advil should be used between the prescription pain medicine doses for continuous pain relief – **DO NOT** use Children’s Tylenol in addition to the prescription pain medicine.
- Your child will probably run a fever the first day or two. Children’s Motrin, Children’s Advil, or the prescription pain medication will help control this. The fever will be worse if your child does not have an adequate fluid intake and becomes dehydrated.
- Snoring and nasal congestion is common five to seven days after surgery until the swelling goes away.
- A small amount of bleeding may occur from the mouth. Between the seventh and 10th day after surgery, the surgery site goes through the final phase of healing. At this time, your child may spit up a small amount of bloody mucous. If the bleeding is greater than one teaspoon, **IMMEDIATELY** call the ENT office or go to the nearest emergency room.
- Your child will have bad breath as the throat and adenoid sites heal. The odor comes from a white tissue that forms over the tonsil surgery site-this is not an infection. They may brush their teeth after surgery, but this will not eliminate bad breath. This will clear in seven to 10 days as the throat heals.
- Nausea and/or vomiting are common after surgery. Use the prescribed medications, if ordered, for nausea. If nausea occurs, treat with a clear liquid diet, and advance as tolerated.
- Your child’s voice may be high pitched after surgery on children over three years of age. This is temporary and should return to normal as the throat heals.

Post operative instructions & What to expect

Diet

- Your child may be reluctant to swallow and may easily become dehydrated. Signs of dehydration include decreased urine output, dark urine color, no tears and dry mouth.
 - If the urine color is clear to light yellow, your child is well hydrated.
 - If the urine is dark yellow or orange, your child is getting dehydrated and must drink more liquids.
- Offer cool or room temperature fluids at least every 30 minutes to an hour
 - Some children say carbonated drinks or acidic beverages (i.e. orange juice) burn their throats.
- Avoid crunchy foods: We recommend the “crunch test.” If it does not crunch between the teeth when you bite it, it is OK to eat.
 - Avoid chips, crackers, popcorn, crusty breads, crispy fried foods, etc.
- Weight loss is common the first week, but is OK as long as the child does not become dehydrated.

Medication

- Prescription pain is usually not necessary for this procedure. Use Children’s Tylenol (or the generic equivalent) according to the bottle dosage every 4 hours as needed.
- Alternate the prescription pain medicine/Tylenol with Children’s Motrin or Advil every two hours for adequate pain relief.

Activity

- Avoid any strenuous activity for two weeks. Your child may lack energy and tire easily. It is important for them to be in a home environment so they can rest and sleep as needed. Mild activity is fine as tolerated. Children usually are able to return to school in seven to 10 days after surgery, but should avoid rough play and contact sports for two full weeks after surgery.
- It is important for your child to stay close to home for about two weeks after surgery so any problems can be taken care of quickly.

Follow Up Appointment

- Our office should call you for follow about 3 weeks after surgery. A postop appointment is not necessary if everything is going well. Please call for an appointment if you feel your recovery is not proceeding the way it should.

When to Call Your Doctor:

- Report any evidence of bright red bleeding – if greater than one teaspoon (see front of this sheet), call the office or go to the nearest emergency room for evaluation.
- Temperature above 101 degrees for 24 hours.
- Excessive nausea, vomiting or any concerns regarding dehydration.