

Contact information

St. Maarten Medical Center

Ear, Nose and Throat Specialist Outpatient Department

Welgelegen Road 30

Cay Hill

St. Maarten

Tel: +1 (721) 543-1111 ext 1345

Fax: + 1 (721) 543-0116

Email: info@smmc.sx

Web: www.smmc.sx

Care Agreement

You have the right to help plan your care. Learn about your health condition and how it may be treated. Discuss treatments options with your healthcare providers to decide what care you want to receive. You always have the right to refuse treatment.

Tonsillectomy



SAFETY
HEALTH
SATISFACTION

The pillars defining our quality care

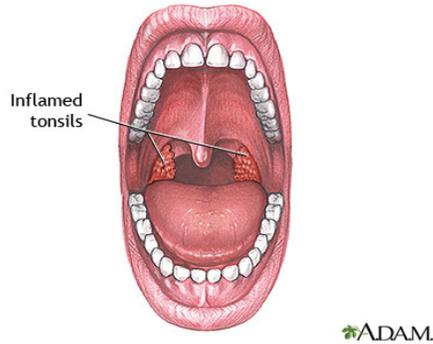
We Care Together!



St. Maarten Medical Center

What is a tonsillectomy?

A tonsillectomy is a surgical procedure to remove your tonsils. Tonsils are 2 large lumps of tissue in the back of your throat. Your tonsils may need to be removed if you have frequent throat infections or trouble breathing during sleep.



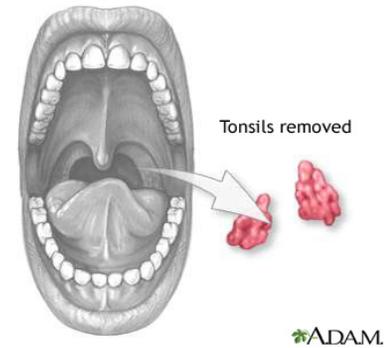
How do I prepare for a tonsillectomy?

- ◆ Your healthcare provider will talk to you about how to prepare for surgery. You may be instructed not to eat or drink anything after midnight on the day of your surgery.
 - ◆ You will also be told to stop taking aspirin (if you usually do) 2 weeks before your surgery and will be given further instructions on other medicines.
 - ◆ You will need someone to drive you home after surgery.
 - ◆ Special Notes:
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What will happen during a tonsillectomy?

- ◆ You may be given medicine before your surgery to help prevent nausea and vomiting.
- ◆ You will be given general anesthesia to keep you asleep and free from pain during surgery.
- ◆ The surgeon will place tools inside your mouth to keep it open. He will then remove all or part of your tonsils away from the surrounding tissue. Your surgeon will then stop any bleeding from the areas where the tonsils were removed.
- ◆ The surgery generally takes between 30 minutes to 1 hour.

What will happen after a tonsillectomy?



You will have throat pain that may last up to two weeks. Your throat pain will be worse in the morning. This pain may spread to your ears. It may hurt for you to swallow and you may not feel like eating or drinking. You will need to drink plenty of liquids to prevent dehydration. You will have white patches in the back

of your throat. These are scabs that will fall off after about a week.

What are the risks of tonsillectomy?

- ◆ You may bleed more than expected during or after surgery, or get an infection.
- ◆ You may also have swelling in your mouth, throat, or lungs that makes it hard to breathe.
- ◆ You may have nausea and vomiting after surgery.
- ◆ You may have changes in your voice or sense of taste. This will return to normal after a few weeks.
- ◆ Tools used to remove your tonsils may cause injury to your teeth, voice box, palate or lips. Tools that use heat to remove your tonsils can cause a burn.

After a tonsillectomy: Helpful Tips

- ◆ Eat bland (soft) food as tolerated.
- ◆ Drink a lot of water.
- ◆ Use painkillers as instructed by the doctor
- ◆ Check for high fever, earache and re-bleeding. Contact your healthcare provider if you experience any of these symptoms.
- ◆ Swallowing can be worse in the morning hours. Do not panic. This is temporary because we do not swallow overnight.
- ◆ A little wound on the lips can be normal due to some trauma during the procedure.