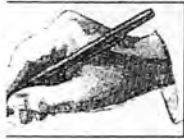


ME DAY SURGERY CHECKLIST



This checklist will help you prepare for your surgery. Check off each item to avoid cancellation or unnecessary delays.

Arrival times vary, so check with the surgical facility to allow sufficient preparation time.

Insurance forms and/or cards should be brought with you. A clerk will help you fill them out.

Pre-op history and examination from your doctor are usually necessary for any procedure requiring general anesthesia.

Lab tests may consist of urine and blood samples. These may be done on the day of surgery or 1-2 days in advance.

Wear comfortable clothes, such as a jogging suit. Leave all jewelry and valuables at home.

Arrange a ride home beforehand with a responsible adult, since you may feel drowsy after surgery.

Don't eat anything after 9:00 p.m. the evening prior to surgery.



Don't drink anything after midnight (even water) or have candy or chewing gum. This is to reduce the likelihood of your vomiting and breathing in stomach contents during surgery.



If you feel ill or have a fever, call your doctor.

FOLLOW-UP CARE

Your doctor will arrange a follow-up visit to be sure you're healing. For a complete and speedy recovery, be sure to follow your doctor's instructions.



This brochure is not intended as a substitute for professional healthcare.

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SAME DAY SURGERY

- Adenoidectomy
- Tonsillectomy



Your doctor has recommended that your child have an **adenoidectomy**—removal of enlarged adenoids, which may impair nasal breathing and hearing—and possibly a **tonsillectomy** to remove recurrently infected tonsils. For adults, a tonsillectomy alone is recommended.

Because overnight nursing care is usually unnecessary, a same day surgery facility is the ideal environment for your doctor to perform this procedure. Same day surgery facilities provide quality care without the expense and inconvenience of an overnight stay.

Coastal Ear, Nose & Throat Surgeons
984 First Colonial Rd
Suite 302



Check In

Check with the clerk about filling out admission forms. There's a special area where your family can wait while you're having surgery.

Medical History

The nurse may go over your medical history (including medications and allergies), and make certain that you've signed the consent forms.

Change Clothes

You'll change into a patient gown for your surgery. If you wear dentures or contact lenses, you may be asked to remove them.



Anesthesia

An anesthesiologist or anesthesiologist will review your history and discuss your general anesthesia.

Going to Surgery

The operating room nurse will check your I.D. band and verify what procedure you're having. You'll then be transferred to the operating room.

In the Operating Room

In the operating room, the anesthesiologist may start an IV (intravenous) prior to administering general anesthesia.

Your Adenoidectomy

With a breathing tube in place and your mouth held open with a special device, the doctor removes your adenoids through the mouth using curettes. Bleeding may stop spontaneously or is controlled with a cautery.



The enlarged adenoid is removed with a curette



Nasal passage-way and the Eustachian tube are now clear

Your Tonsillectomy

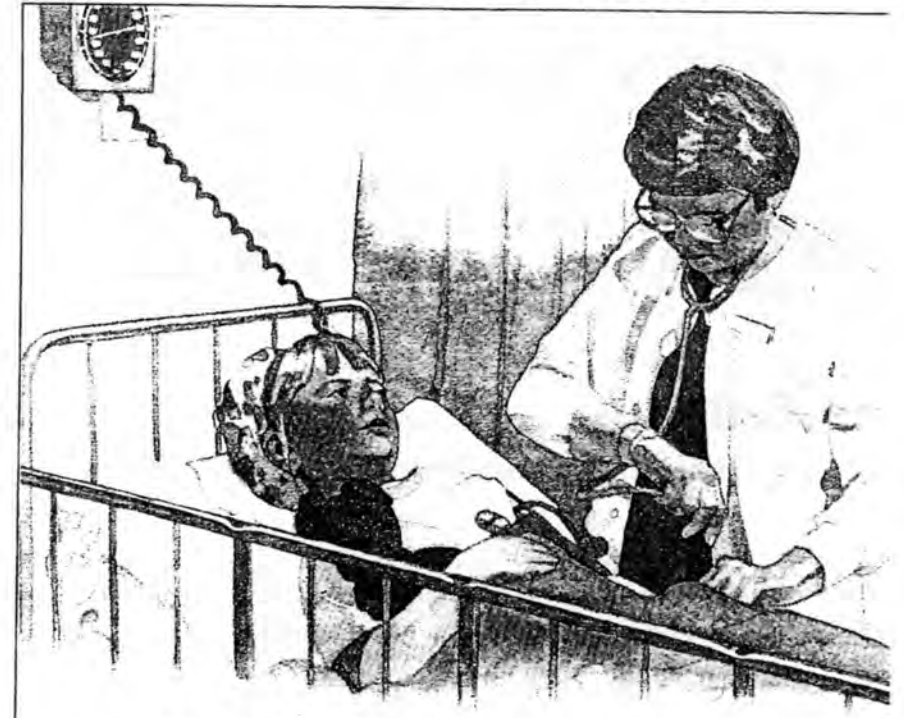
With a breathing tube in place and your mouth held open with a special device, the doctor removes your tonsils. Cautery or self-absorbing ligatures may be used to stop bleeding.



The tonsils are removed through the mouth



The surgical area is cauterized to stop bleeding



In the Recovery Area

After surgery, you'll be taken to the recovery area where a nurse will monitor your progress. Once you're awake, you'll be asked to drink liquids and sit up.

Going Home

You'll be able to go home—accompanied by a responsible adult—the same day as your surgery. You may feel temporarily drowsy and nauseous from the anesthesia.



Discharge Instructions:

Try to drink plenty of liquids to maintain hydration. Avoid acidic juices and scratchy foods. Expect some throat and ear discomfort. White patches will appear as your throat heals and are not a sign of infection.

Call your doctor if:

- You have bright red bleeding that lasts more than a few minutes.
- You have persistent pain unrelieved by prescribed medication.
- You develop a fever of 101°F/ 38.3°C.