

Tonsillectomy and/or Adenoidectomy ± Inferior Turbinate Reduction

Procedure-Specific Information & Consent

This document explains the planned procedure for patients and parents/guardians.

Patient Name: _____ PHN: _____ Date of Birth: _____

1. Recommended procedure(s)

☐ Tonsillectomy ☐ Adenoidectomy ☐ +/- Inferior Turbinate Reduction

Procedures are selected individually and discussed beforehand; turbinate reduction is not routine.

2. Why this procedure is recommended

To help improve one or more of the following:

- Airway obstruction (blocked breathing), especially during sleep
- Snoring or sleep-disordered breathing
- Recurrent throat infections
- Chronic nasal blockage or mouth breathing
- Poor sleep quality, daytime fatigue, or behavioral concerns related to sleep disruption

3. What the procedure involves

- Performed under general anesthesia (medicine that keeps the patient asleep), given by an anesthesia specialist
- Tonsils/adenoids removed through the mouth (no external incisions)
- Turbinate reduction performed through the nose to improve airflow
- Surgery usually takes 15–20 minutes; anesthesia preparation and recovery take longer
- Most go home the same day; children under 3, with severe sleep apnea or other risks may need overnight monitoring

4. Expected benefits and limitations

Potential benefits:

- Improved breathing and airflow
- Improved sleep quality
- Reduced snoring
- Fewer throat infections (if applicable)
- Improved nasal breathing

Important: Benefits vary. Sleep-disordered breathing may continue or return after surgery. Ongoing symptoms need another assessment.

5. Risks and side effects

Common or expected:

- Throat pain (often significant for 7–12 days)
- Ear pain (referred pain)
- Difficulty swallowing during recovery
- Reduced appetite and temporary weight loss
- Bad breath during healing
- Nasal congestion or minor blood-stained nasal mucus after turbinate surgery

Less common but important:

- **Bleeding**
 - Fresh throat bleeding is not normal recovery
 - Significant bleeding may occur during or after surgery
 - Delayed bleeding can occur up to **14 days after surgery** and may require urgent medical attention or return to the operating room
 - **Bleeding may occur without warning; vomiting blood or repeated swallowing may be signs**
 - **Any fresh mouth/throat bleeding needs emergency assessment, even if it stops**
 - Infection
 - Dehydration (not enough fluid in the body) from not drinking enough
 - Temporary voice or speech changes
 - Rare nasal regurgitation (liquid coming through the nose when swallowing)
 - Dental or lip injury, rare injury to surrounding tissues, including thermal injury (burn) from surgical instruments
 - Anesthesia-related risks (discussed separately with anesthesia specialist)
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6. Turbinate-specific risks (if performed)

- Nasal dryness or crusting
 - Temporary or persistent nasal congestion
 - Scar tissue formation inside the nose
 - Rarely, altered airflow sensation from over-reduction
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7. Alternatives

- Watchful waiting and supportive care in selected mild cases
 - Medical management (e.g., nasal sprays, allergy treatment)
 - Antibiotics (for infections)
 - No treatment
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8. Recovery expectations

- Typical recovery: **7–14 days**
- Follow the written pain-medication plan, including weight-based doses for children
- **Regular fluids reduce dehydration; they do not guarantee prevention of bleeding**
- Activity restrictions will be provided

Seek urgent medical care for:

- Fresh throat bleeding: go to Emergency, even if it stops
 - Call 911 for heavy bleeding, fainting or breathing difficulty
 - Same-day care if unable to drink or passing very little urine
 - Fever not responding to treatment
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9. Acknowledgement

The procedure(s), risks, possible benefits, other choices and recovery have been explained to me. My questions have been answered. I understand that I still need to complete the hospital consent form.

Patient / Parent / Guardian Name: _____

Signature: _____

Date: _____