Ear, Nose and Throat Surgery

Several types of ear, nose, and throat surgeries are routinely performed at Mercy.

**Ear tube insertion** involves the doctor making a small incision in the eardrum and placing a tube that will drain fluid. This is commonly done for people who have recurrent ear infections.

**Endoscopic sinus surgery** is done to diagnose and treat sinus problems. The surgeon passes a small, lighted scope into the nostril to view the sinuses and perform necessary treatments for infection or small drainage or air passages. Your doctor may use a CT guided approach called an Instatrak.

**Septoplasty** is also done inside the nose. Your physician may recommend this procedure if the nasal septum is interfering with air passing through the nose.

**Tonsillectomy/Adenoidectomy** is frequently done to treat repeated upper-respiratory infections. An instrument is passed through the mouth to do this.

**UPPP** and **Somnoplasty** are procedures for people who have sleep apnea. During this procedure, the surgeon will enlarge air passages by removing tissues at the back of the throat or tongue base.

**Before the day of surgery:**
- You will need to stop blood-thinning medications like Coumadin, aspirin and ibuprofen. Your doctor will tell you when to stop taking these medicines. Tylenol or acetaminophen is okay to take if needed.

**On the day of surgery:**
- You will need to arrive 1-1½ hours before surgery. A nurse will interview you, start an IV and answer any questions you may have. Children under 8 usually have their IV’s started after they are asleep.

**Activities and Restrictions:**
- For nasal surgeries: Nasal dripper may be used for comfort. No nose blowing. Cough and sneeze with your mouth open. Nasal sprays or irrigations may be needed.
- For tonsils/adenoids/UPPP/Somnoplasty: Follow doctors instructions on what type of foods you can eat. No red food dyes. Straws can be used. Drink lots of fluids.
- Low level activity for one week with no excessive bending over or heavy lifting.
- Follow doctors orders concerning driving, returning to work and exercising.

**Discomfort:**
- Take prescribed pain medication as directed by your surgeon. Narcotics should be taken with food to prevent stomach upset.
Medications:

• Resume your regular medications unless otherwise instructed by your doctor.

Reasons to contact your doctor:

• Temperature of 100 degrees or higher
• Pain not controlled with prescribed pain medicine
• Large amounts of bleeding
• Prolonged nausea or vomiting