

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