

# 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.
- Consult your packet for written instructions about when to stop eating and drinking before surgery.
- It is especially helpful for children to have a pre-op visit to the hospital. We call this a PASE visit. Children and parents can see the surgery center and pediatric unit and have all their questions answered.

## On the day of surgery:

- You will need to arrive 1½ hours before surgery. A nurse will interview you, start an IV and answer any questions you may have. Children under 6 usually have their IV's started after they are asleep.
- Take medications for heart, blood pressure, stomach problems or anxiety that you normally take in the morning.