MARYLAND ENT ASSOCIATES
EAR • NOSE • THROAT
FACIAL PLASTIC SURGERY

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Informed Consent for Pediatric Tonsillectomy and Adenoidectomy

What is this surgery?

Tonsillectomy and adenoidectomy (T&A;) is surgery to remove the tonsils (two glands at the back of the throat) and adenoids (tissue behind the nose). This is done through the mouth with no outside cuts.

Why is this surgery needed?

This surgery is often recommended for children who have frequent throat infections, sleep apnea or breathing problems due to enlarged tonsils/adenoids, or difficulty swallowing.

Benefits of the surgery

Fewer throat infections, improved breathing (especially at night), better sleep quality, improved swallowing, better growth and development.

Alternatives to surgery

Continuing medical treatment with antibiotics, observation to see if symptoms improve with time, or doing nothing and living with current symptoms.

Risks of the surgery

Common: throat pain, ear pain (referred), difficulty swallowing, bad breath during healing, voice changes (usually temporary). Less common: bleeding during or after surgery (may require another surgery or blood transfusion). Serious but rare: severe bleeding, airway blockage, dehydration, infection, injury to teeth, lips, or gums. Very rare: severe allergic reaction to anesthesia, damage to surrounding tissues, death.

Things you should know

Recovery usually takes 1–2 weeks. Pain, especially when swallowing, is expected. Drinking plenty of fluids is very important. Bleeding can occur up to 2 weeks after surgery—if this happens, go to the emergency room immediately. Your child may snore for a while after surgery but this usually improves.

Consent

I have read and understood this information (or had it explained to me). I understand the procedure, its benefits, alternatives, and risks. I agree to proceed with Tonsillectomy and Adenoidectomy for my child.

Patient (or Legal Guardian) Signature: _____ Date: _____

Physician/Witness Signature: _____ Date: _____