# What to expect on the day of tonsil surgery?

Video transcript

**[00:00:05] A/Prof Gillian Nixon:**

Taking the tonsils out involves having an operation, so a child will come to the hospital for that surgery with a parent. The operation's done through the mouth so there's no sign from the outside that the operation's been undertaken, but the child will be under an anesthetic for a period to have the surgery done. Then they'll come out of surgery and the parent will be able to be with them as they recover from the anaesthetic.

**[00:00:34] Rebekah:**

It was a little bit stressful thinking about trying to explain to a five year old that they can't eat in the morning and that they're going to go to the hospital and just trying to make sure that she understood what was going to happen. Just trying to explain to your child that actually this is really going to hurt a lot, but it'll be better in the long run.

Even though she was young, I remember talking to her about it and just being very open and honest with her. I think that really helped explaining to her that there were going to be some things that were going to hurt, but that they wouldn't hurt for very long. For example, having the IV put in her hand and a lot of different things. Even though she was only five, I did try and prepare her and did really talk to her about the things that were going to happen. I think that really helped for her to be comfortable.

**[00:01:26] Xenia:**

Things that helped us was a comfort toy. If they've got a special teddy or anything like that, to make sure that it's okay to take your teddy in. The doctors were actually great with both the kids and showed the children on the teddy bear, give the teddy bear a little bit of medicine and this is what it would look like. That was really good. It's always nice for kids to have a little bit of a visual of what's going to happen and what things look like and smell like and sound like, but a comfort toy is a big one and just not overwhelming them, but just simple information about what's going to happen and being honest with them is really, really important.

**[00:02:02] Cassie:**

He obviously wanted to eat because he's got a big appetite and he wanted to drink, but he couldn't have it. That's probably the worst part is waiting for your name to be called to try and keep a toddler at bay without food or drinks or anything like that.

**[00:02:15] Shuh:**

Yes, before he went into the theatre he has to have the anaesthetic put on him. They allowed one parent to go in together with him before he goes to sleep. At first, I didn't want to go because I don't think I can cope with that, but in the end, I feel I want to be with him so I decided I go in with him. It was quite emotional at that moment when they put the gas on him for him to sleep, but then it's just for that moment. After that, it's just a relief. I just came out together with the nurse and John was outside waiting for us.

**[00:02:59] Cassie:**

I think Lenny was in there for about an hour for his tonsils which feels like a really long time and they just ask you to go for a walk around and then just waiting for them to call and then you got into recovery and they're waiting there. He didn’t recover very well from the anaesthetic. Obviously, he didn't know where he was. He was trying to wake up without me there so he didn't know the nurses and it would be really overwhelming for a three year old I would imagine.

**[00:03:24] Xenia:**

I think being really honest with your children is really important, so letting them know that it's going to hurt, but that they're going to receive medicine that will help with the pain, because I think there's nothing worse than if they're expecting that they're going to come out of this and it's not going to hurt and feel like you've lied to them. I think being very honest with them that there will be some pain.

I think with Gregory, he was quite young. It was before he was three years of age when he had his surgery. There's only so much at that age really that they can understand, so going in with him, it was very simple explanation. "You're going to have some medicine, it's going to put you to sleep. It'll make you feel better when you wake up because your ears won't be sore anymore." Sort of really trying to simplify it for Gregory, but it was really hard because of his age.

**[00:04:15] [END OF AUDIO]**