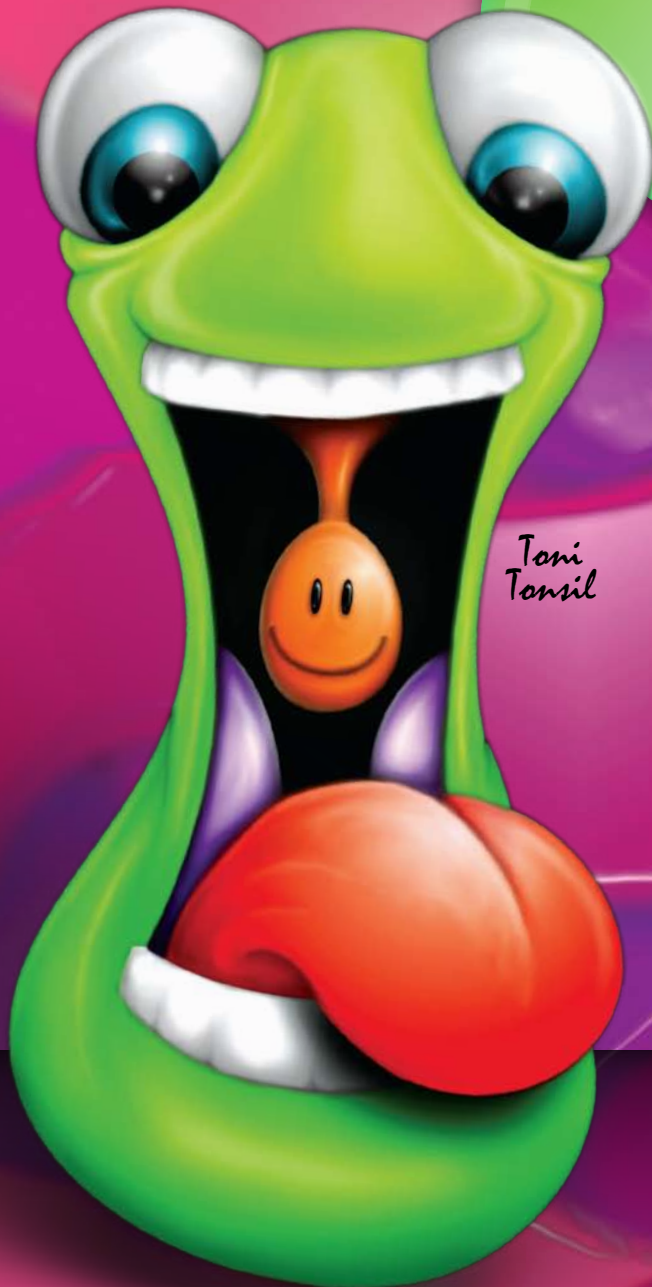


Did You Know?

Toni Tonsil  
presents

**amazing**

facts, fun and games  
about your  
tonsil operation



Toni  
Tonsil



## A note to your parents:

Coblation technology has been used in more than 5 million surgeries, including more than 595,000 ear, nose, and throat procedures. Coblation® Tonsillectomy uses radiofrequency energy and natural saline instead of heat, to gently dissolve tissue to remove tonsils and adenoids. It's a quick outpatient procedure, performed in an operating room with general anesthesia, and takes less than 30 minutes.

Coblation Tonsillectomy patients have a better experience after surgery when compared to traditional procedures. Most patients resume a normal diet and activities within just a week.

## How to Help Your Child Have the Best Possible Tonsillectomy Experience.

Properly preparing your child for a tonsillectomy avoids unnecessary trauma and assures a much better outcome. A calm child with a positive mental attitude about the procedure will experience less pain, heal better, and recover much faster. There are many things you can do together with you child to make this experience as easy as possible. Our recommendations of the things you can do to help your child include:



Use this activity book and the other informative guides your doctor provides to help your child understand why this procedure is being performed. Honesty is the best policy when you explain that your youngster will feel much better after removing those troublesome tonsils and adenoids. Go over every step of what will happen before, during, and after the tonsillectomy. The more your child knows, the less anxious he or she will be.



Reassure your child that you will be there every step of the way. Let your child know that you will be there when they go to sleep and that they will see you again when they wake up. Assure them that everyone is there to take good care of them and that it is OK to be scared.



Keep your own worries under control. A worried parent makes for a fearful child. Be patient, confident, reassuring, informed, and in charge.



Bring your child's favorite comforting toy, book, blanket, or other item along with them. The Toni Tonsil squeeze toy can be your child's "special friend" during the tonsillectomy adventure. Just perfect to give a good hard squeeze to at the right time to relieve stress.



# It's not just an operation it's an adventure!

this book belongs to

is a cool kid

So, your doctor says that your tonsils are causing problems? No problemo. They can come out faster and easier than you can say, "Toni Tonsil." This is going to be an interesting adventure. You're so lucky because your doctor is going to use a very gentle procedure to remove those tonsils and you'll be feeling fine very soon.

It's called "Coblation® Tonsillectomy" and it's way

**COOL**

"Co" stand for "cold" and "blation" is from the word "ablation" which is the process of reducing something such as when the sun melts an iceberg. "Tonsillectomy" means surgery to remove tonsils. Coblation uses radiofrequency energy and salty water at a low temperature to just dissolve those infected tonsils right out of your throat. You'll feel much better after the Coblation Tonsillectomy and will recover much faster this way than with the old fashioned tonsil operations. There's no heat, no cutting, no lasers, and very little pain afterwards. No kidding!

You won't feel anything at all during the operation. You'll just fall asleep. When you wake up, your tonsils will be gone. The best part is, your parent plus Toni Tonsil, will be with you every step of the way. Just give your Toni Tonsil toy a big, hard squeeze if anything bothers you. I just know that you're going to feel a whole lot better, soon.

## Things to do before, during, and after your operation.

This activity book will walk you through the whole process. It also has lots of fun games to play, puzzles to solve, pictures to color, and lots of other surprises. Have fun with it. The more you know, the better you'll feel, before, during, and after your operation.



## Here's What Happens Before Your Operation

The doctor who will be actually removing your tonsils is called a "surgeon." The surgeon will want to make sure that you do all the things necessary to prepare for a safe procedure and a fast, easy recovery afterward. Here's a check list of your Dos and Don'ts. Things to know the day before and the day of your operation include:



### Do ...

- Do, take any medicine that your doctor has prescribed for you and said it is OK to take before the operation. Swallow it with just a sip of water.
- Do, take off all jewelry and remove things from your mouth on the day of your surgery including earrings, rings, bracelets, necklaces, wrist watches, eyeglasses, contact lenses, hair clips, barrettes and headbands, removable braces, or a retainer.
- Do, pack your Toni Tonsil squeezie plus any other favorite toy, book, plushy, blanket, photograph, or any other item that makes you feel good to have with you.
- Do, take it easy, relax and get a good night's sleep so you'll be well-rested for the day of your surgery.

### Don't ...

- Don't, take any medicines other than what your doctor has approved. This includes aspirin, cough syrup, throat drops, vitamins or other herbal stuff.
- Don't, eat or drink anything for at least 6 hours before your surgery. This includes all foods and drinks including chewing gum, cough drops, mouthwash, toothpaste or anything else. Your stomach must be completely empty during the operation.
- Don't, breathe second-hand smoke from cigarettes or any other tobacco products.
- Don't, pack your pajamas since you won't need them. You'll get to wear a special hospital gown that's very comfy and cozy and made just for children. They have some very cool designs on them. You'll be looking very snazzy for your tonsillectomy adventure.

## What's wrong with this picture?

These three friends are scheduled to have their tonsils taken out tomorrow. It's 3 hours before surgery, have they followed the doctor's directions about all the things they need to do to prepare for their procedure? Toni Tonsil doesn't think so. In fact, Toni says there are 17 things wrong with this picture. Can you find them all. Circle each item that doesn't match the doctor's orders for the day before tonsil surgery.





# At the Hospital or Outpatient Clinic

You'll get to meet lots of doctors and nurses who will be taking good care of you at the hospital or outpatient clinic where your operation will be performed. Your medical team will include:



## Anesthesiologist

This doctor will put you to sleep and give you the medicines you need so you won't feel anything during the surgery.

## Nurses

Will assist the doctors and take care to prepare you for the operation and make sure you're OK after the surgery.

## Surgeon

This doctor will perform the Coblation Tonsillectomy.

## Technicians

Sometimes, the doctors want to run tests or take X-ray or CT scan pictures of your throat before the surgery. The technicians will take the pictures and run the test.



## Step Procedure

Taking out your tonsils is a simple 3-step process. It is a very safe, quick, and easy operation. You will most likely be going home the same day and will not have to spend the night in the hospital. When you first arrive, the nurse will ask you to change from your clothes into hospital pajamas. The nurse will take your temperature, check your blood pressure, and body weight.

After these preparations, you'll go to a special room and be put to bed for the rest of the process. The surgery is done under general anesthesia. That means you will be asleep and won't feel or remember anything about it. The whole operation takes only 30 minutes so you'll only be napping for just a little while.

## 1. Anesthesia

Before going into the operating room, you'll get some medicine that will help you relax. You may feel a little floaty, even a bit giggly, and you'll sure feel a little sleepy.

With a quick kiss on the cheek and a reassuring squeeze on your hand from your parent you'll be on your way.

Next, the nurse will wheel you into the operating room. Your parent will come with you. There are lots of machines, computer screens, tubes, lights, and other equipment in the operating room. It looks like the bridge of a starship. Very cool.

The anesthesiologist will place a plastic mask over your nose and mouth and ask you to breathe deeply. The mask contains the stuff that puts you to sleep. It may even smell like bubblegum. The doctor will ask you to start counting backwards from 100: "99, 98, 97..." and then you'll be sound asleep. You'll sleep so well that you won't even dream.

The doctors and nurses will use all this gear to gently and safely put you to sleep, remove your tonsils, and then wake you up again, good as new.

## 2. Surgery

Your surgeon will then use the Coblation wand to gently dissolve your tonsils and adenoids to remove them. At the end, the doctor will paint your throat with medicine to make it numb so it won't hurt so much when you wake up. The whole process takes about half an hour.

## 3. Recovery

Surgery is over. Next stop, the recovery room. You'll rest in the recovery room for about an hour and then gradually wake up from the anesthesia. Your parent will be waiting with you in the recovery room. But the nurses will keep a close eye on you as well. The very best part is, you can have popsicles! All you want, until it's time to go home.

Most kids go home in a couple of hours. If you are very young or very heavy, the doctor may want you to sleep over one night. This way you can be watched to make sure you're doing OK.





# After You Get Home

## Seven things that will make you feel much better while you heal

# 7

Here are seven things you can do during the first seven days of healing after your surgery:

### Take your medicine.

When you leave the hospital, you may get a prescription for antibiotics to help fight infections. It's really important to finish all the medicine, even if you feel fine the next day.

### Get plenty of rest and breathe moist air.

You'll need to rest at home for 2 or 3 days and take it easy for a whole week. Don't rush back to school or go out to play with your friends.

### Talk softly.

Your voice may sound different. This will pass as you heal. Just talk quietly. No shouting or loud singing. Give your throat a rest until it heals.

### Drink lots of water.

You can also drink Apple juice, Pedialyte,<sup>®</sup> or Gatorade.<sup>®</sup> Drink slowly since it may be hard to swallow at first. Just keep sipping and get plenty of fluids.

### Go easy on food.

Your throat may be a little sore from the surgery and the first day you may feel a little stomach upset from the anesthesia. Both will pass in time but go easy on eating. Most food is OK and won't damage your throat. Softer foods are easiest to eat, including:

- Pudding
- Soup
- Jell-O<sup>®</sup>
- Mashed potatoes
- Ice cream
- Popsicles

### Avoid hard or crisp things.

They can be scratchy and hard to swallow and citrus foods, like:

- Corn chips
- Crackers
- Pretzels
- Orange juice
- Popsicles made from real fruit juice, or anything made from tomatoes (like ketchup) that can burn your throat.



Games to play...

# Fun and Games

...Have Fun!

## I Spy

*I spy with  
my little eye...*

How many

things can you

find in the hospital?

Circle the items you see  
during your tonsillectomy adventure.

## What's the Difference?

There are 9 differences between the picture on the left and the one on the right. Can you find them all?





Draw me  
and  
color me!



Copy my picture into the grid above. Draw me up any way you wish. Add a moustache, make me into a pirate, add funny ears, cute earrings, big eyelashes, change colors – go for it any way you like.



Use the code below to read the secret message.

Cipher Code:	A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Alphabet:	h i j k l m n o p q r s t u v w x y z a b c d e f g

Substitute the alphabet letter for its matching cipher code letter.

Coded message reads:

AXEI! B'E ATOBFZ FR MHGLBEL MTDXG HNM.

UKBGZ EHML HY IHILBVEXL.

VHFX OBLBM FX TM AHFX PABEX B AXTE.

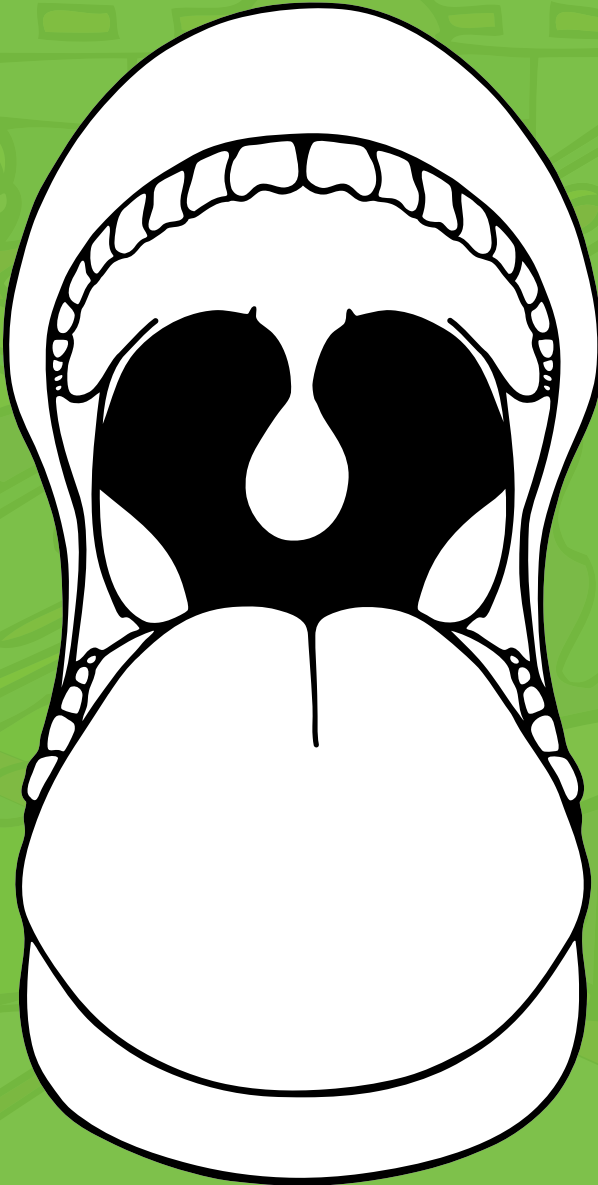
UKBGZ IKXLXGML.



# INSIDE

# YOUR MOUTH

Color the different parts  
of the mouth and throat.

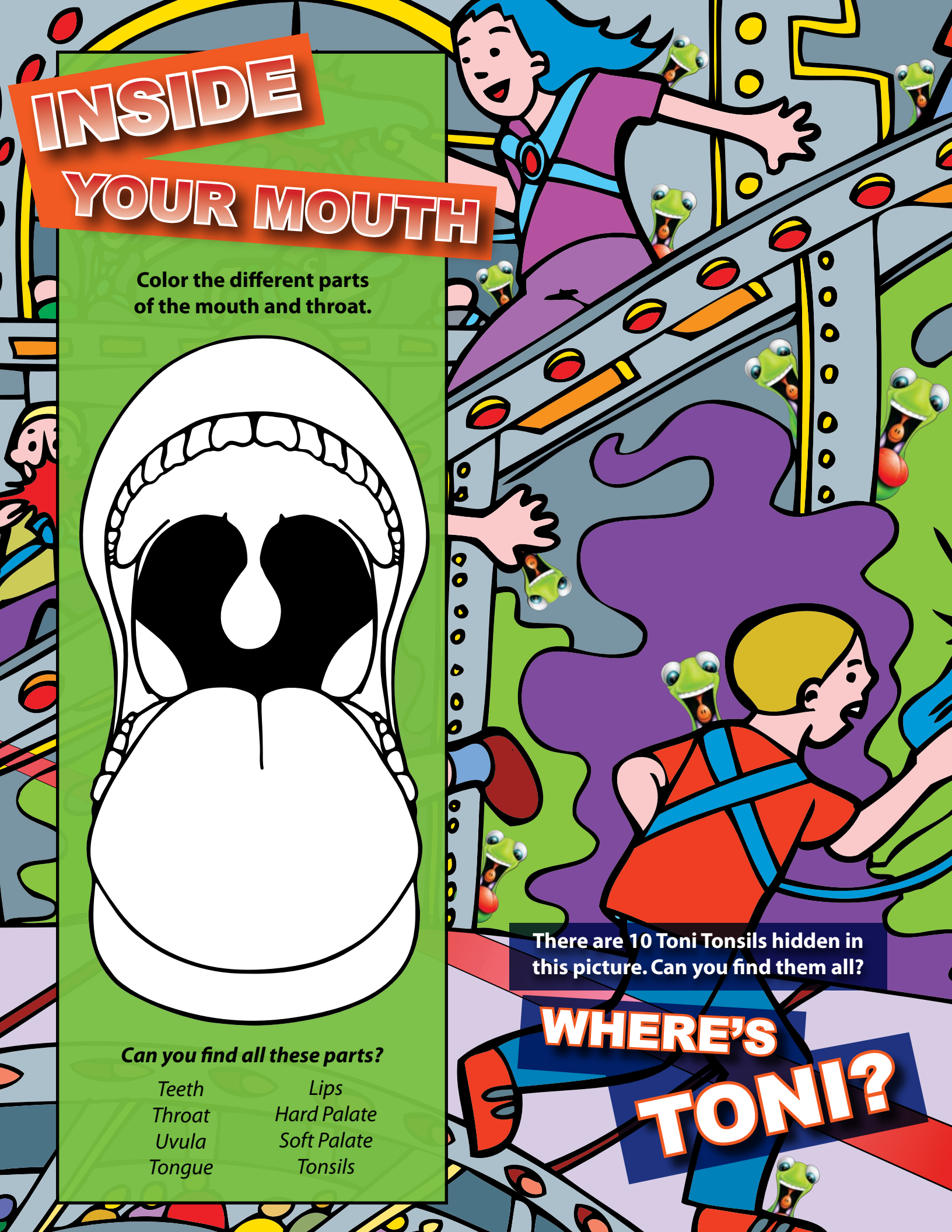


*Can you find all these parts?*

Teeth	Lips
Throat	Hard Palate
Uvula	Soft Palate
Tongue	Tonsils

There are 10 Toni Tonsils hidden in  
this picture. Can you find them all?

# WHERE'S TONI?





# Hidden Words

How many words with at least 3 letters or more can you make from

## "COBLATION TONSILLECTOMY"

ball				
snail				

words with 6+ letters

B  
O  
N  
U  
S

## Toni Tonsil's Word Search

Can you find all the hidden words in the matrix below?

### Word List

ANTIBIOTIC  
BED  
BLOOD  
CLINIC  
COBLATION  
DOCTOR  
HOSPITAL  
MEDICINE  
MOUTH  
NURSE  
POPSICLE  
SLEEP  
SURGEON  
TONSILLECTOMY

N	N	O	S	P	U	C	S	E	P	H	M	T	D	H
S	T	O	E	K	L	K	N	E	Z	C	O	X	O	T
G	U	E	I	I	J	I	E	L	I	N	K	Z	C	U
D	L	R	N	T	C	L	M	C	S	J	A	Y	T	O
S	O	I	G	I	A	N	V	I	E	A	S	Y	O	M
U	C	O	D	E	H	L	L	S	S	Z	C	S	R	V
Y	Q	E	L	D	O	L	B	P	E	S	R	U	N	S
W	M	C	B	B	E	N	I	O	E	B	E	D	I	M
X	Y	P	E	C	O	B	C	P	C	B	T	E	U	Z
H	C	I	T	O	I	B	I	T	N	A	B	H	R	I
B	D	O	V	Y	C	L	S	S	Q	Q	W	L	C	I
W	M	P	J	R	T	L	P	X	I	V	K	E	Z	Y
Y	A	I	N	R	D	K	L	U	K	A	K	Q	V	F
X	C	U	K	F	S	X	T	O	X	Q	M	R	Y	P
H	O	S	P	I	T	A	L	V	L	N	O	Z	U	B



# Fun and Games

## Answers to the Games & Puzzles.

What's wrong with this picture?



What's the Difference?



## Hidden Words

late	oil	come
base	loose	team
mine	yell	bat
still	boat	tall
tonsil	mat	city
name	slot	soil
cat	net	money
snob	lie	nine
mine	ant	
ocean	neat	

**words with  
6 + letters**

tonsil  
little  
action  
notice  
clinic



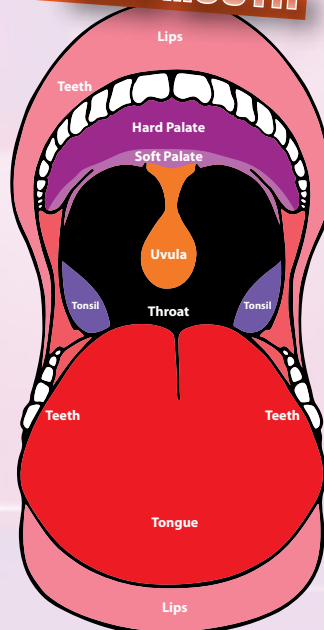
Help! I'm having my tonsils taken out.

Bring lots of popsicles.

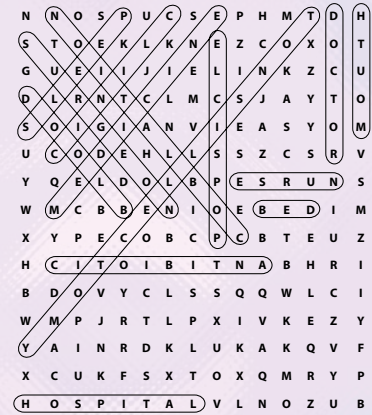
Come visit me at home while I heal.

Bring presents.

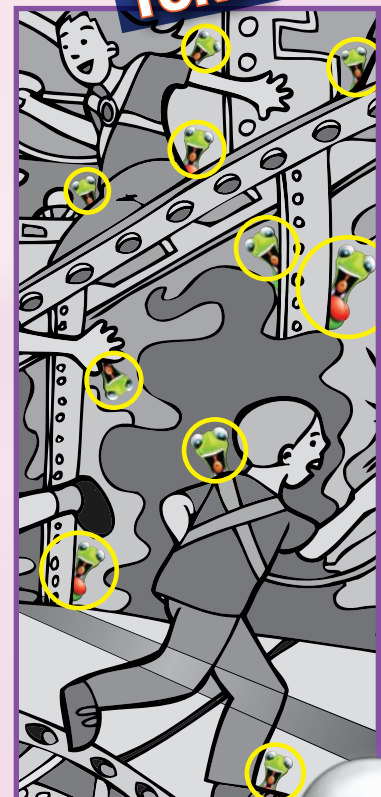
## INSIDE YOUR MOUTH



## Toni Tonsil's Word Search



## WHERE'S TONI?



did you  
know?