

## Tonsillectomy or Adenotonsillectomy

### Post Operative instructions

#### General

- ▶ A white membrane will form where the tonsils were located. This will disappear in seven to ten days. This is normal and not an infection.

#### Pain Relief

- ▶ It is not unusual for the throat to become more painful on the fourth or fifth day after the operation. The ears may also ache because of referred pain from the tonsil bed.
- ▶ Painkillers are usually needed. Paracetamol or Panadeine (Paracetamol + Codeine) are often sufficient. Painstop is helpful for children. Panadeine forte may be needed for adults three times daily.
- ▶ Avoid aspirin (Disprin) for the first week as this can increase the risk of bleeding.
- ▶ If pain is not adequately controlled with a paracetamol based analgesic, Nurofen can be used three times daily ALTERNATING with the paracetamol medication.

#### Diet

- ▶ It is important to eat normally. The longer the delay before beginning to eat and drink, the more discomfort there will be. Maintaining an adequate fluid intake is essential.
- ▶ Avoid excessively hot food and drinks for two weeks. Citrus fruit and tomatoes may sting the throat.
- ▶ A normal consistency diet is preferred. i.e. no excessive reliance on soft foods.

#### Bleeding

- ▶ Occasionally bleeding occurs up to two weeks after surgery. If bleeding occurs, wait 15-20 minutes. If it stops then no further action is needed. If bleeding continues go directly to the Emergency Department of the hospital where the operation was performed. The hospital will contact Dr Kelly. DO NOT go to your local doctor. DO NOT go to another hospital. Neither your local doctor or other hospitals will be able to manage the problem.