

Tonsillectomy Post-operative Instruction Sheet



**SYDNEY VOICE
& SWALLOWING**
Dr Daniel Novakovic

Food

Eating and drinking a regular diet is to be encouraged. Adults are encouraged to chew gum as this stimulates saliva and swallowing and helps with pain. If children refuse to eat please encourage fluid intake or try ice blocks / ice cream. It is better to give them small sips every few minutes rather than to try and force down large amounts

Pain

Pain varies from person to person BUT a sore throat is to be expected for about 10 days. There may also be pain in the ears which is referred from the throat and also normal. We use local anaesthetic at the time of surgery so pain tends to increase for the first 5-7 days before improving.

Regular Panadol or other brand of Paracetamol should be taken four times per day. We prefer that you avoid taking pain medications containing aspirin or ibuprofen as they may increase risk of bleeding.

For Children: Pain relief should be given ½ hour prior to meals to help encourage oral intake. Painstop should be substituted for Panadol before bed or if stronger pain relief is required. Codeine may also be added separately for pain control

For Adults: Oxycodone 5mg tablets are normally prescribed. You can take 1-2 of these up to 5 times per day. This medication may make you constipated so plenty of fibre is encouraged. Cepacaine mouthwash (available over the counter at pharmacies) can also be gargled every 2-3 hours to assist with pain

Bleeding

Bleeding occurs in up to 5% of cases and usually between days 7 to 14 after the operation. We recommend children stay at home under parental supervision for 2 weeks. If more than a tablespoon of bleeding occurs from the mouth or nose please contact my office or the hospital (after hours), or go to the nearest major hospital emergency department. Occasionally a return to the operating room may be required and very rarely a blood transfusion may be required. For this reason it is important that all patients are within 1 hour of a major hospital for 2 weeks after tonsillectomy.

Throat

There may be a white membrane where the tonsils were. This is a normal part of healing and does not represent infection. We normally cover patients with 5-7 days of antibiotics post-operatively.

Work & School

We recommend adults stay off work until the pain has settled which is usually 7-10 days. Children should stay off school/daycare for 2 weeks and avoid any vigorous activity.

Follow Up

We like to see patients 3-4 weeks after the procedure to ensure appropriate healing. Please call the office to make this appointment if you do not already have one

Finally – Thank you for allowing me the opportunity to help improve your / your child's condition. The recovery from tonsillectomy can be difficult at times but surgery is one of the most effective ways to achieve long term improvement in symptoms and better overall health. If you have ANY concerns please contact us through the rooms.