

ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

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POST OPERATIVE PROTOCOL OPERATION: TONSILLECTOMY

- **HOSPITAL STAY:** Tonsillectomy may be an overnight stay or a day surgery only. Depending on you/your child's progress on the ward, they may be discharged on the day or stay in hospital until they are eating and drinking an adequate amount.
- **DIET:** All normal food groups are okay. It is important to stay hydrated. In young children this can be monitored by the amount of wet nappies. Encourage fluid intake to promote healing. Many children benefit from sucking ice cubes or ice blocks.
- **WOUND HEALING:** The tonsil bed gets coated with a wet white slough. This is normal and is just the healing tissue, under which new mucous lining and new blood vessels are growing. It will disappear completely in about 4 weeks. It is not pus or infection. Only if this slough becomes green/yellow should you be worried that infection is present.
- **LEVEL OF ACTIVITY:** The recovery time is 2 weeks. In this time it is recommended that the patient stay at home. Most children may maintain a normal level of activity if they feel up to it but it is advised that they do not engage in vigorous activity such as trampolining, gymnastics or swimming lessons.
- **PAIN:** Pain is common after tonsillectomy. It lasts nearly 2 weeks and comes and goes. Usually day 5 and day 10 the pain will peak and then resolve thereafter. Apart from pain in the throat, there may be associated ear pain as well. This is referred pain and unlikely due to problems in the ear itself. Adult tonsillectomy is particularly painful. Your doctor will advise which analgesia is best for you/your child.
 - Panadol can be taken every 4-6 hours up to 4 times a day
 - Oxynorm may also be taken in addition to Panadol but may cause constipation.
 - Adults may expect to take Panadiene forte but your doctor will discuss this with you specifically depending on your condition.
 - We recommend giving pain relief half an hour before breakfast, lunch and dinner and the 4th dose may be given either before bedtime or in the middle of the night.
 - Avoid any anti-inflammatory medications for pain relief such as Aspirin, Nurofen or Indomethacin as they increase the severity of bleeding if bleeding does occur.
 - Herbal preparations, such as fish oil are also not recommended as they can increase the risk of bleeding.
- **ANTIBIOTICS:** You may or may not be given antibiotics to take afterwards. Your doctor will discuss this with you depending on your condition. If prescribed it will be to prevent any infection post operatively.



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- **BLEEDING:** Blood tinged mucus is normal for 5-7 days. There is a possibility of secondary bleeding, which may occur anytime up to 2 weeks after the operation. Although this is uncommon, if it occurs it is more common in adults than children. Patients with bleeding will usually cough up bright blood or occasionally clots. If any bleeding does not stop after 5 to 10 minutes you will need to seek urgent attention. Contact us immediately or present to the hospital emergency department. If there is persistent bleeding while you are in hospital, you may be required to be taken to the operating theatre.
- **POST OP TEMPERATURE:** A lowgrade fever can occur and is normal. In case of a persistent temperature please notify us.
- **POST OP REVIEW:** You will need to see your surgeon 4-6 weeks after surgery.

Please call the rooms if you have any questions after surgery.