

Instructions for adult patients following tonsillectomy +/- adenoidectomy

After surgery, you will stay in hospital overnight.

When you get home:

- You have been prescribed *Endone for the first few days* after your operation. Supplement this with *Paracetamol* to maximise your pain relief. Follow the instructions on these medications carefully.
- Although your *throat will be very sore*, it is essential that *fluids are consumed often*. Fluids will help *the healing process and decrease pain*. Iceblocks will provide soothing relief and contribute to the fluid intake at the same time. Best to *avoid acidic* juices such as orange or pineapple.
- *Gentle nose blowing* may commence after 24 hours.
- A *normal diet* as tolerated is recommended; *avoid* hard and sharp foods for example corn chips, tacos, whole nuts and solid ice cubes *for the duration* of the healing process.

Remember:

- It is *normal to experience increasing pain* for up to one week after surgery. Continue with *appropriate pain relief* as needed and directed on the packaging.
- *Earache* is common following tonsillectomy – *chewing bubble gum* can help alleviate ear pressure and pain while encouraging saliva production and swallowing.
- *A post operative bleed can occur up to two weeks after surgery.*
 - *Don't plan travel or extraordinary activity* away from home until after your first post operative appointment.
 - In the unlikely event of a bleed, *call the contact number you have been given* and standby for instructions. Generally this will mean transporting the patient to the nearest emergency department.
- You may notice the development of *whitish or even yellowish patches* in the area of the throat where the tonsils were removed. This is a *normal process* and in the absence of a high temperature it should be considered normal and not requiring any further treatment. These patches will disappear over a few weeks.
- Activities such as *swimming and other sports or strenuous exercise* must not recommence until after the first post operative appointment with Dr Para.
- *Medical certificates* for patients and/or carers can be obtained by calling the rooms on 4737 3396.
- *Nepean Public Hospital patients* – *a follow up appointment* will be conducted at the outpatients clinic and Dr Para will indicate the time frame.
- *Westmead Private Hospital patients* - *a follow up appointment* has already been arranged. Please review your letter from the practice or check with our medical secretary on 4737 3396.