

Instructions for paediatric patients following tonsillectomy +/- adenoidectomy

- Give your child Paracetamol routinely every four hours while awake. Continue for as many days as necessary. Please make known any allergies or reactions to Paracetamol. If there are no allergies or reasons why your child cannot have Ibuprofen such as asthma, then Ibuprofen can be used as directed by Dr Para.
- It is expected that pain will be experienced after this surgery. Pain will reduce over the two week recovery period. Pain is experienced in the throat area and also the ears during the recovery period. Ear pain can often be more troublesome than throat pain. This is normal and to be expected. Chewing gum or soft jelly candy may help reduce ear pain.
- Whitish or yellowish patches may develop over the areas where the tonsils have been removed. If there is no high temperature then this should be considered normal. These patches will disappear over the next few weeks.
- Even though the throat will be sore it is essential that your child eats and drinks as normal. Foods such as corn chips, tacos, whole nuts and ice cubes should be excluded as they will not soften quickly enough. Exclude red-coloured foods, drinks, medications and red candy during the two week recovery period.
- Offer small amounts of fluids frequently. Saliva production and swallowing aids the healing process and can help reduce pain. Iceblocks are particularly soothing and provide fluid at the same time. Avoid acidic fluids such as orange and pineapple juice.
- Creative, authoritative encouragement is needed from time to time to persuade children to eat and drink properly after surgery. Eating and drinking as normally as possible is the key to the best outcome for your child, coupled with regular, timely pain relief.
- Gentle nose blowing may commence after 24 hours.
- A post operative bleed can occur up to two weeks after surgery. Don't plan any travel or extraordinary activity away from home until after your child's first post operative appointment. In the unlikely event of a bleed, call the contact number you have been given and stand by for instructions. This will generally mean transporting the patient to the nearest emergency department.
- Activities such as swimming, 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 practice 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.