

Dr Arjuna Ananda

MBBS FRACS

EAR NOSE & THROAT SURGEON

ABN: 64105357168

Post-operative instructions following Tonsillectomy

Pain is common after tonsillectomy. It can last for up to 2 weeks. Usually day 5 and day 10 the pain will peak and then resolve thereafter. There is a possibility of earache for a couple of days. This occurs in approximately 50% of patients and is due to referred pain from the tonsillar bed.

Your doctor will give you a **pain** prescription for analgesia. Suitable analgesia may include a combination of medications (this will depend on your individual requirements) including:

Adults- Panadeine forte/Paracetamol, Oxycodone, Palexia (Tapentadol) or Tramadol

Children – Regular Paracetamol (Panadol) - 4 times a day and regular Ibuprofen (Nurofen) - 3 times a day is recommended for the first 4-7 days.

Analgesia should be taken half an hour prior to meals to make eating more comfortable.

Aspirin is to be avoided because of the risk of bleeding. Herbal preparations such as fish oil are also not recommended as it increases the risk of bleeding.

Encourage fluid intake to promote healing. Many children benefit from sucking ice cubes, hydrolyte ice blocks or ice-lollies.

There is a possibility of **secondary bleeding**. 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. Please present to either **Royal Prince Alfred Hospital or Concord Hospital**.

Blood tinged mucus is normal for 5-7 days.

White slough is common around the tonsillar bed, which indicates the raw wound is healing. Only if this slough becomes green/yellow should you be worried that infection is present.

Antibiotics may be given post-operatively. Please take them as prescribed by the doctor

You will need to restrict your child's activity and monitor temperature. In the case of persistent high temperature see local doctor.

School children return to school after 2 weeks.

You will need to see your surgeon 6 weeks after surgery. The nurses will call you to book this appointment

Please do not fly for a period of 2 weeks post your procedure.

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

Suite 1, 16-22 Burwood Road
BURWOOD NSW 2134

Phone: (02) 9747 3199
Facsimile: (02) 9747 1499

Head of Department, ENT Surgery RPAH
Concord Repatriation Hospital
Macquarie University Hospital
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