

Post Operative Instructions Following Tonsillectomy and/or Adenoidectomy

1. Hospitalisation. Admission is on the morning of the operation. Adenoid-only patients usually go home on the same day. Tonsil patients, whether adenoids removed or not, usually go home the next morning, although adults may need another day.

Parents can be with their child whilst being put to sleep, then wait by the bed, and I will call you as soon as the operation is over. Your child will then be back about 30 minutes later, once awake enough to miss you. (For adult patients, I also try to call the next of-kin, at hospital, home or work.)

2. Sore Throat. Will be a problem for 3-5 days after tonsillectomy. Take PANADOL, PANADEINE or PANADEINE FORTE. Cepacaine mouth-wash, and Diffiam lozenges, (no prescription necessary) may be gargled and sucked before meals, or as often as required. (- for adults and older children.) Definitely NO medication containing ASPIRIN before or after surgery.

3. Mouth Hygiene. Teeth should be cleaned at least twice a day. Cepacaine gargle will help freshen the mouth and ease pain, especially before meals. For adults and older children, chewing gum is advised for freshening the mouth, lubricating the throat and mobilising throat muscles all of which helps relieve pain.

4. Ear-Ache is not uncommon, because the same nerve supplies the tonsils and ears. Severe or prolonged ear-ache, or ear discharge, needs to be checked by your local family doctor.

5. Bed Rest. The patient should remain indoors (but not in bed) for the first few days. If feeling well enough, may resume normal activities after 5 days, but no strenuous exercise for two weeks.

6. Diet. Should be light, soft and appetising. No hard foods (such as biscuits) nor spicy foods - they will sting! Adequate fluid intake is essential.

7. Nose Blowing After Adenoidectomy is allowed, but should not be too vigorous. If sneezing, try to keep your mouth open, to release pressure.

8. Complications. Bleeding from the nose or throat; or fever (more than 37.5°C), requires attention. If there is any bleeding please contact Mr Kleid as soon as possible. Persistent fever should be checked by your local family doctor.

9. Appointments. A post-op check-up is necessary at about 3 weeks.

10. If You Have Any Problems. Please call the Head Office, or my Beeper. If you can't contact me, call the Emergency Department at the Eye & Ear Hospital (9929-8666), or the Royal Melbourne Hospital (9342 7000). Ask for the Ear, Nose & Throat Registrar.