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Post-operative Instruction Sheet - Tonsillectomy +/- adenoidectomy (Adult)

Tonsillectomy involves removal of the tonsil from the back of the throat. This may be performed in combination with removal of adenoid tissue from the back of the nose.

This operation may be performed as a day only or an overnight procedure. The decision to discharge will depend on your pain levels and ability to tolerate adequate amounts of oral intake

Pain control post-operatively

- Having your tonsils removed is a painful procedure
- I recommend that you take regular paracetamol and ibuprofen for the first 5-7 days after the surgery
 - ◆ Do not exceed to recommended dose of paracetamol as directed on the packet as this can result in serious complications
 - ◆ Ibuprofen may be associated with a slightly higher bleeding risk but it provides excellent analgesia
- You will be provided with a script for oxycodone on discharge. If your pain is not controlled with paracetamol and ibuprofen you should use oxycodone as directed.
 - ◆ This can make you drowsy
 - ◆ It can also cause constipation
 - Take aperients like Metamucil, Coloxyl or prune juice if you use oxycodone
- You will be provided with a script for a drug called Prednisone. This is an oral steroid. If your pain is not controlled with paracetamol, ibuprofen and oxycodone you should take prednisone in the morning for three days
- If none of the above measures are able to control your pain please call the rooms and present to your local emergency department
- It is normal for the pain to fluctuate. Typically it will reach a peak between days 3-7
- It is normal to experience referred pain to your ears

Bleeding post-operatively

- Secondary bleeding (>24hours after the surgery) can occur anytime in the two weeks following the operation but is more common day 5-7
- It occurs in about 5-10% of adults undergoing tonsillectomy
- For this reason it is important that you remain within a metropolitan area with access to a hospital for 2 weeks
- If there is more than a tablespoon of blood from your mouth following tonsillectomy, or persistent bleeding, you should present immediately to your closest emergency department for review. Please contact the rooms to update us should this occur

Post-operative antibiotics

- There is no evidence to suggest that post-operative antibiotics reduce the rate of bleeding, pain or time to normal oral intake
- You will be provided with a script for antibiotics. If you have a temperature higher than 38 degrees Celsius you should take the antibiotics as prescribed
- It is normal for the back of the throat to have a yellow-greenish covering after tonsillectomy is performed. This is not an infection but the reaction of the normal healing tissue to saliva. You do not need to take antibiotics for this

Follow-up

- You will be seen for a post-operative follow up visit between 3-6 weeks following the surgery
- If you have any issues, please contact the rooms within business hours. If you have an emergency outside of normal business hours please present to the nearest emergency department.