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## Post-operative Instruction Sheet- Tonsillectomy +/- adenoidectomy (Child)

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 pain control and ability to tolerate adequate amounts of oral intake

### Pain control post-operatively

- Having the tonsils removed is a painful procedure
- I recommend that you give your child regular paracetamol for the first 5-7 days after the surgery
  - Do not exceed the recommended dose of paracetamol as directed on the packet as this can result in serious complications
  - If extra pain relief is required, use Ibuprofen as directed on the packet. Ibuprofen may be associated with a slightly higher bleeding risk but it provides excellent analgesia
- If none of the above measures are able to control the pain please call the rooms that you were initially seen at and present to your local emergency department
- It is normal for the pain to fluctuate. Typically the pain will reach a peak between days 3-7 but it will take about 2 weeks to settle completely
- It is normal to experience referred pain to the ears

### Post-operative Diet

- It is very important to maintain fluid intake after the surgery
- Whatever you can convince your child to eat is acceptable but fluids are the most important
- The only thing to avoid is acidic based foods like citrus fruits and tomatoes as they may sting

### Bleeding post-operatively

- Secondary bleeding (>24hours after the surgery) can occur anytime in the two weeks following the operation but is more common in days 5-7
- It occurs in about 1-3% of children 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 teaspoon of blood following the 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
- 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 during business hours. If you have an emergency outside of normal business hours please present to the nearest emergency department.