

Post-Operative Instructions Following Adeno/Tonsillectomy

The following instructions will help you know what to expect in the days following surgery. However, do not hesitate to call if you have any questions or concerns. Dr Anderson can be contacted on # **for post operative concerns only**. If you are unable to contact Dr Anderson leave a message. If you are worried or if it is an emergency go to the Townsville Hospital Emergency Department to be assessed by the Emergency doctors.

Diet

The more your child drinks, the sooner the pain will subside. Oral intake is encouraged from immediately after surgery. There are no restrictions to food after a tonsillectomy. Water, apple juice, and Gatorade are excellent sources of liquid. Normal food is encouraged. Often, chewing gum speeds comfortable eating by reducing the spasm after surgery and can be started any time after surgery.

Physical Activities

After this surgery, children should rest but may play inside after one or two days and may be outside after three or four days if they feel up to it. Strenuous physical activity following surgery is discouraged for the first 2 weeks. Children are required to take the full two weeks recovery off school.

Pain

For the first several days (occasionally up to 10 days) following surgery, pain in the throat is to be expected. Pain will often get worse on days 3 to 5. This can usually be controlled with Liquid paracetamol. Oxycodone may be prescribed but is usually not needed. Difflam spray is often helpful for local pain control. If the Oxycodone may cause constipation or nausea. Pain is often worse at night and may prompt the need for additional pain medication. Ear pain, especially with swallowing is also a common occurrence; it is not an ear infection but due to referred pain from the surgery.

Fever

A low-grade fever following surgery may occur and should be treated with Paracetamol. Follow the directions on the bottle. While children have a fever, they should play quietly or remain in bed. If the fever persists (more than two days) or if a higher fever develops, call. Fever may indicate that you have not taken insufficient fluids or may have an infection.

Bleeding

Post-operative bleeding is unusual, but it can occur up to two weeks after surgery. For this reason, you requested to remain within one hour of Townsville. Most bleeding is minor, and you may only see a little coating of blood on the tongue. Most can be treated with observation. Watch for spitting, coughing, or vomiting of blood. If you suspect bleeding following surgery, call immediately if you cannot contact Dr Anderson go to The Townsville Hospital Emergency Department.

Nausea and Vomiting

Some patients experience nausea and vomiting after the surgery. This usually occurs within the first 24 hours and resolves on its own after the effects of anaesthesia wear off. Contact Dr Anderson if there are signs of dehydration (urination less than 2-3 times a day or crying without tears).

There is a scab in the back of the throat?

A scab will form where the tonsils and adenoids were removed. These scabs are thick, white, and cause bad breath. This is normal. Most scabs fall off in small pieces five to ten days after surgery. To make the irritation more comfortable betadine mouth gargles can be helpful.

Follow up

Usually, most tonsillectomy patients are followed up with a routine phone call only. If you have any concerns our secretaries would be happy to help arrange a review appointment by calling the office on 47214582.