



Tonsillectomy and Adenoidectomy

Recommended sick leave

Two weeks is generally advisable following tonsillectomy. If undergoing adenoidectomy alone 2-3 days is generally advisable.

Pain

There will be some degree of pain or discomfort for 10 – 14 days after the operation. As well as throat pain, it is quite common to have an associated ear ache. It is important that pain relievers are taken regularly. It may be difficult to completely alleviate the pain. Not uncommonly, the accumulative effects of the prescribed pain killers may be more impairing than the pain itself.

For adenoidectomy: panadol, painstop, dymadon syrup or similar should suffice

For tonsillectomy: for children panadol or painstop, dose as appropriate for age of children should suffice
for adults multiple medications are commonly prescribed, please take as directed

Increasing pain, especially if associated with fever, is to be reported to Mr Leung or your GP.

Tablets containing Aspirin or Non-Steroidal anti-inflammatory agents must not be taken as this may cause bleeding

Antibiotics

These may be prescribed depending on the circumstances. Please take as directed until the course is completed.

Diet

It is important to maintain hydration and nutrition. Patients should be encouraged to drink plenty of fluids. A soft diet may be preferred at first, however it is advisable to immediately commence normal solid diet. This keeps the operated area clean. If pain relief is taken one hour before eating or drinking, then the throat discomfort is more tolerable, and it will be easier to return to a normal diet. Chewing and swallowing should be encouraged as this helps avoid pain and stiffness in the throat and aids healing. Chewing gum is useful. Avoid very hot foods and liquids.

Rest

It is advisable to rest at home for at least 7-10 days with a gradual return to normal activity. All forms exercise, other than relaxed walking, are to be avoided.

Bleeding

There is a slight risk of bleeding up to two weeks following surgery. This is due to healing or infection and occurs in a small number of patients typically around day 5-10 post operatively. Rest and sucking ice will generally settle most minor bleeds. Significant bleeding or persistent bleeding is to be reported to Mr Leung as soon as possible or to your nearest doctor or take the patient directly to the nearest Emergency Department. Do not hesitate to call an ambulance if necessary.

General

Bad breath and whitish areas on the tonsil bed are not unusual and mouth washes with weak warm salt water solution is helpful. The white areas are part of the normal healing process and may take on a greyish colour. Unless associated with very bad breath, fever or severe pain this is not a sign of infection.

Alcohol and smoking should be avoided for a minimum of two weeks

Do not drive a motor vehicle, make financial decisions or sign legal documents whilst taking prescribed medications

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