

## **Tonsillectomy with or without Adenoidectomy Post Operative Instructions**

### **What to Expect**

#### **Pain**

- There is always pain after a tonsillectomy. Some experience earache due to referred pain. Discomfort tends to peak on day 4 or 5 and then improves. Fortunately the pain can usually be kept under control with regular pain relief.
- It is important to use pain relief medication regularly even when pain is mild for the first 5 days. The aim is to have sufficient pain relief so that drinking is reasonably comfortable. Eating may still be uncomfortable.
- Adenoidectomy (without tonsillectomy) is generally not particularly painful.

#### **Fatigue**

- The general anaesthetic, surgery and medications may cause some fatigue.
- It is important to take a full week to rest at home after surgery.
- Gentle activity is permissible in the second week but heavy lifting and strenuous exercise must be avoided for 3 weeks from surgery.

#### **Nausea and vomiting**

- It is common to experience nausea in the first 24 hours following a general anaesthetic.
- Please advise your nurse caring for you on the ward if you feel nausea and they will give you an anti-nausea medication through you intravenous drip.

### **What to Do**

#### **General Care**

- Take it very easy at home for at least one week.
- It is very important to drink adequate fluids even if eating becomes difficult. When you become dehydrated the healing tonsil cavity has a tendency to become even more painful.
- If you are unable to drink for 24 hours you may need to come into hospital for some intravenous fluids. With regular pain relief this is rarely necessary.

#### **Bleeding**

- The tonsil wound heals via small new blood vessels growing into the area. Sometimes during the healing process these new fragile vessels can bleed.
- If bleeding starts and does not stop after one or two minutes you should go to your nearest emergency department for assessment.
- Most bleeding settles down quickly without the need to return to the operating theatre.
- Bleeding may occur up to two weeks following surgery.

#### **Pain Relief**

- You will be recommended paracetamol and oxycodone syrup. Both should be taken regularly and can be used every 6 hours.

#### **Follow-up**

- A post-operative appointment is usually made 2-4 weeks following surgery.
- Please feel free to contact me earlier with questions.

If you are concerned at any time after your surgery, please contact Dr Roth's rooms on (02) 9982 3439 or via email on [info@drjasonroth.com.au](mailto:info@drjasonroth.com.au). If it is out of business hours and you need urgent care, please attend your nearest emergency department or GP. If your surgery was performed at Castlecrag Private Hospital or North Shore Private Hospital you may also contact the ward nursing staff who are there 24 hrs a day. Note that these hospitals do not have an emergency department, have no medical staff on site overnight and cannot provide assistance in the case of emergencies once you have left the hospital.