
Adult Tonsil Surgery

Leaving the hospital:

1. If you have not already been given a post operative appointment, please ring and arrange a visit for approximately 6 weeks after surgery.
2. Any medication you are prescribed, should be taken as directed. You will usually be given a script.

Pain Relief:

- Paracetamol (Panadol) 500mg tablets 2 tablets four times a day. (ie 0600 1200, 1800, 2200)
- Oxycodone or Tramadol tablets when required and as prescribed. (ie 0800 1400 1900 2300)
- Diffiam or Cepacaine gargles 3 to 4 times a day.

I recommend spacing out the analgesia you take in addition to the Panadol. The pain is generally bad for 4-7 days and often on day 4-7 you get pain referred to the ears. If you need more pain relief after you finish what is given to you in hospital a GP can write you another script or you can contact the rooms. Further analgesia is uncommonly needed. Beware some of these medicines can cause constipation.

Gargling:

On your way home try and pick up some hydrogen peroxide based mouth gargling solution available over the counter from the chemist (eg. Colgate Palmolive sells a suitable version). 10 mLs gargled every 8 to 12 hours for the first 14 days is recommended for adults.

Eating and Drinking Following tonsil surgery, you will be allowed to eat and drink once you are awake enough. I encourage normal oral intake. The more normal food you eat the more the throat is cleaned and the less pain you will experience. It is very important to maintain adequate hydration after the operation. Make sure to drink lots of water (more than 2 litres per day for adults). The sooner you return to a normal diet, the less chance there is for infection to develop and therefore the less risk for bleeding after the surgery.

Nausea and Vomiting:

While it is not uncommon to get some nausea and or vomiting after a tonsillectomy, it is not usually severe. If you find you have persistent nausea and vomiting you should contact your Doctor

Please note:

1. THROAT PAIN is normal for up to 21 days after the surgery. The pain is tolerable in the first 3 days and then worsens to a crescendo around day 6 to 9 after the operation. Once this peak is reached then the pain gradually decreases
2. EAR PAIN is normal after this surgery. The pain is usually a deep ache and is due to referred pain.
3. BLEEDING from either the nose or throat may occur in 3% of patients. This is usually if oral intake has been poor. If minor bleeding occurs (less than 1 teaspoon) increase the peroxide gargling to 4 times a day. Try to eat and swallow more frequently to clear the yellow healing area over the tonsil beds. If heavy bleeding occurs ie. more than half a cup full, please contact your doctor and present to hospital.
4. DO NOT perform any heavy lifting (more than 15 kilograms) or vigorous physical activity for two weeks after surgery.
5. Gentle nose blowing is encouraged from 24hrs post operatively as this helps clear secretions.