

Tonsillectomy Surgery

Post-operative Instructions:

1. You are free to eat anything you feel you can get down.
2. Pain is expected and is known to be severe. The worst day is usually about day five post-op. Regular paracetamol and ibuprofen is the mainstay of pain relief and should be taken four times per day for the first week. Prednisone has been found to be very effective in reducing pain and stimulating appetite in children during the first five days.
3. It is of utmost importance to maintain an adequate fluid intake. Fluids are more important than solids in the early stages, especially for children.
4. If antibiotics are prescribed following surgery, please complete the course unless side effects are noted, in which case cease and contact Mr Walsh.
5. Stay within one hour of the hospital where your surgery was performed for 2 weeks post-operatively to allow for the possibility of a post-tonsillectomy bleed.
6. Avoid heavy lifting or physical activity for ten days.

What to Expect:

1. Pain as described above.
2. A white eschar covers the area where the tonsils used to be and is normal. It is not pus and does not mean that there is an infection

Contact the rooms or Mr Walsh if:

1. There is a sudden flow of fresh blood from the mouth.
2. Worsening pain, not controlled by over-the counter pain relief and making oral intake impossible.
3. Any reactions to prescribed medications.
4. Fevers