

WHAT TO DO AFTER YOUR TONSIL AND/OR ADENOID SURGERY

If only the adenoids are removed

- ☼ Patients can usually leave hospital on the same day as the surgery
- ☼ A normal diet can be tolerated within 24-48 hours
- ☼ Only two or three days are required off school/work
- ☼ Pain relief should be taken as required (no aspirin)

If tonsils are removed

- ☼ Generally, patients are able to leave hospital the day after the operation
- ☼ Patients may require up to two weeks away from school/work
- ☼ Patients should avoid exercise or other strenuous activity for two weeks following surgery
- ☼ Regular pain relief should be taken until the pain resolves (every 4-6 hours)

Patients **should not take aspirin-like medications** for two weeks after surgery as this may increase the risk and/or severity of bleeding

Oral intake

- ☼ Patients are encouraged to eat solid foods (eg, cereals, vegetables, bread) that require some chewing as this helps to keep the mouth clean. Chewing gum is also helpful.
- ☼ Tough foods (eg, meat), salty foods and acidic drinks (eg, orange juice) may aggravate the discomfort and should be avoided.
- ☼ Plenty of water should be consumed, especially in smaller children and warmer weather.

A post-op appointment has been booked for you four weeks after your surgery. This appointment is generally made by our staff **prior** to your operation and will be included in your pre-operative paperwork.

Bleeding

Small spots of blood are not unusual; however, if heavy or persisting bleeding occurs, please present to an emergency department.

REPORT TO YOUR SURGEON

Please call your surgeon on 9998 7418 during the office hours of 9am to 5pm if any of the following occurs:

- ☼ Heavy bleeding
- ☼ Fever (temperature higher than 38 degrees) or chills
- ☼ Worsening pain in the nose, face or head
- ☼ Dizziness or fainting
- ☼ Any other concerns about the surgery or your recovery

If you cannot contact your doctor and are concerned, please leave a message and present to an Emergency Department.