

TONSILLECTOMY and/or ADENOIDECTOMY POST

OPERATIVE INSTRUCTIONS

Eating and drinking is extremely important (as it keeps the area where the tonsils have been removed clean and helps prevent infection and bleeding. You can eat and drink what ever you like (chewing gum is helpful) and most

- people find that softer and cooler foods are more comfortable to swallow
- Mouth care is also helpful. Brush teeth and tongue twice a day with a small amount of tooth paste.
- Discomfort after your surgery is expected and tends to peak on Day 4 or 5 and then improves
- For pain relief: take regular panadol (every 4 hours) with Panadeine Forte or Pain Stop for breakthrough pain. (**DO NOT** take aspirin or non steroidal anti inflammatory drugs due to the increased risk of bleeding)
- If you have any bleeding (more than half a cup full) you must call the rooms or go to your nearest major hospital Emergency Department to be assessed
- It is recommended that you have 7 -10 days off school or work and no sport or heavy lifting (more than a chair) for 2 weeks

Follow Up

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 3-4 weeks time

Contact Numbers

- A/ Prof Melville da Cruz (rooms) 02 9635 1030
- Westmead Hospital ph 02 9845 5555
- Westmead Children's Hospital 02 9845 0000