



Mr Nicholas Agar

GEELONG
Head and Neck

Adeno-tonsillectomy

Discharge Date

Post Op Appointment

Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The recovery from tonsillectomy is painful. This progressively improves from post operative day 3 or 4.

It is normal for your child to have:

- a sore throat for about 10 days
- pain referred to their ears
- slightly bad breath for 10 days
- a white patch in the throat where the tonsils have been removed. This falls away by approximately 10 days.

Time Off

I recommend planning for 2 weeks off school or daycare. All patients need at least one week off, some children will recover quickly and can return after 1 week if their behaviour and eating has returned to normal. Try your best to discourage exercise/exertion for 2 weeks as this may increase the risk of bleeding. *Please ask for a certificate if needed.*

Diet

It is very important to keep your child well hydrated - I recommend three extra glasses of water per day. A normal diet is safe although softer foods are easier to tolerate.

Some useful examples are:

- Dairy foods; yoghurt, milk, smoothies, soft cheeses, ice cream.
- Vegetables; steamed, boiled or mashed. Soups.
- Fruit; pureed or stewed.
- Proteins; Eggs poached or scrambled, fish, baked beans, mince meats.
- Grains; breakfast cereals (softened with milk), porridge.

Post Op Medications

The key is to give your child regular paracetamol 4 times daily even if they are feeling reasonably good to avoid severe pain occurring.

Medications are individualised, however my typical prescription is for:

- 1) Regular Paracetamol strictly 4 times daily for 5 days.
- 2) Oxycodone syrup as required up to 4 hourly (this doesn't interact with panadol and can be given together if needed). This may make your child drowsy.
- 3) Laxatives or prune juice should be considered at the first hint of constipation. Ask your chemist.

Post Op Appointment

I will arrange to see you and your child approximately 1 month post operatively. There is no charge for this appointment. If your

child is absolutely fine and you will find it inconvenient to attend it is OK to cancel this appointment - I will not be offended! If this is the case please let my rooms know.

Post Op Problems

Too sore to swallow - ensure your child is taking all medications as directed. If you are worried they are becoming dehydrated please contact me as occasionally patients need to be readmitted for fluids and pain relief.

Bleeding is the major complication and occurs in approximately one in 20 adult patients and one in 50 children. A few small specks or streaks in the saliva can be managed at home with sucking on ice, however **any ongoing, active or fresh bleeding needs to be reported by either:**

- 1) **In hours call me via my office 52218490.**
- 2) **After hours call me on my mobile 0425746617.**
- 3) **If I am unable to respond please attend the Geelong Hospital Emergency Department and the on-call ENT surgeon will become involved if necessary.**
OR
- 4) **call an ambulance on 000.**

If bleeding occurs I tend to observe your child in hospital overnight where there is 24hr access to the operating theatre and ward staff readily available to deal with the problem. Bleeding will usually settle on its own. Approximately 1:100 patients will require a blood transfusion or a return to theatre to stop the bleeding.

Infection of the tonsillar bed is characterised by increasing pain usually 5-10 days post operatively. Examination will show redness and swelling of the throat and this is also associated with bleeding and fevers. If you are concerned please contact me or attend your GP. There is no role for preventative antibiotics to be given from the time of surgery.

Nausea

This is usually related to opiate pain killers (oxycodone). Firstly try to reduce these medications, if this doesn't help contact me. At this point options would include:

- A 'rescue script' of steroid medication to aid both pain relief and nausea.
- A prescription for anti-nausea medication such as ondansetron wafers which dissolve under the tongue.
- Readmission to hospital is severe or associated with dehydration.

DO

Take regular paracetamol to prevent your pain becoming severe
Keep well hydrated
Try to maintain a healthy and balanced diet

DON'T

Take Neurofen, Ibuprofen, Fish Oil. Whilst controversial, some evidence exists that these medications can increase bleeding.
Encourage exercise/exertion for 2 weeks