

TONSILLECTOMY +/- 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 you like (chewing gum is helpful) and most people find that softer and cooler foods more comfortable
- Discomfort after your surgery is very common and tends to peak on Day 4 or 5 and then improves
 - For pain relief: take Panadol or Panadeine Forte or Pain Stop as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding)
 - Non-steroidal anti-inflammatories (eg Brufen) can also be taken if the pain is very bad
- Antibiotics are commonly prescribed to reduce the incidence of infection. Please complete your course as prescribed
- 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

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