



Adeno-tonsillectomy

Discharge Date

Post Op Appointment

Discharge meds given? Yes / No

Time Panadol last given

The Recovery

The recovery from tonsillectomy is painful. Medications are covered below, but distracting your child from their pain with sedentary activities such as board games, TV, craft, ipad/video games, a brief drive or a walk in the park can be very helpful. Some feel a teaspoon of honey every 2-3 hours can have a soothing effect.

It is normal for your child to have:

- a very sore throat and bad breath for about 10 days
- pain referred to their ears
- a white/yellow plaque 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. *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

My anaesthetists typical prescription is for:

- 1) Regular Paracetamol strictly 4 times daily for 7 days.
- 2) Regular Celecoxib Syrup twice daily 5 days. This is an anti-inflammatory similar to nurofen with no effect on bleeding.
- 3) Oxycodone syrup as required up to 4 hourly. This doesn't interact with the above medications and can be given in addition if needed. This will make your child drowsy.
- 4) Laxatives or prune juice should be considered at the first hint of constipation from Oxycodone use. Ask your chemist.

Post Op Appointment

I will arrange a Telehealth appointment approximately 1 month post op. If your child has also had grommets this will be a face to face appointment.

Post Op Problems

Too sore to swallow - ensure you child is taking all medications as directed. If you are worried they are becoming dehydrated please contact me as occasionally patients will benefit from a brief course of steroid medication and I can arrange this.

Bleeding occurs in approximately one in 20 adult patients and one in 50 children. A few small specks/streaks in the saliva can be managed at home by sucking on ice,

Any ongoing, active or fresh bleeding needs to be reported to me by either:

- 1) In hours call me via my office 52218490.
- 2) After hours call me on my mobile 0425746617. If concerned I may direct you to attend the SJOG Emergency dept (now open 24hrs).
- 3) **If you are unable to get in contact with me please attend the Geelong Hospital Emergency Department** as there is always an ENT registrar available and an ENT surgeon on call. I do not work at the Epworth so please do not present there.
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 return to theatre to stop the bleeding.

Infection is often talked about but rarely occurs. There is no role for preventative antibiotics. A fever in the first few days after surgery is common and usually due to the anaesthetic and inflammation from surgery.

Nausea

This is usually related to opiate pain killers (oxycodone). Try to reduce these medications, if this doesn't help options 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/celecoxib to prevent 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.