

## POST-OPERATIVE INSTRUCTIONS

### TONSILLECTOMY

**Andrew Foreman**

Staff Specialist  
Royal Adelaide Hospital

Senior Lecturer  
University of Adelaide

Provider No. 262436LW  
ABN 11 387 068 348

#### **What can I expect after the operation?**

- Tonsillectomy can be a painful operation
- When the tonsils are removed the area is left open. This heals with a white-yellow layer. **This is normal** and is not a sign of infection
- Bad breath for 1-2 weeks after the operation is common. Gargling warm salt water or mouthwash may help
- Ear pain may be present. This is also normal
- Stay within 15-20 minutes of medical assistance in case of bleeding
- Some bloodstained saliva is not uncommon. Fresh blood is a concern

#### **What should I use for pain relief?**

- Regular Paracetamol every 6 hours AND Oxycodone as required up to every 4 hours is a good start
- The frequency of Paracetamol can be reduced after several days

#### **What can I do to aid my recovery?**

- **Keep eating as normally as you can.** This reduces the chance of infection and of bleeding
- Maintain regular fluid intake to avoid dehydration

#### **What should I avoid?**

- Medications that thin the blood- Aspirin or anti-inflammatory medications
- Very hot meals or baths
- Heavy lifting, straining, strenuous exercise
- Smoking

#### **What should I look out for?**

- If you spit up any blood or the pain increases or your oral intake drops off, you should call me. This may be a sign of infection

#### **What happens if I have bleeding?**

- You are at risk of bleeding for up to 2 weeks after surgery
- Gargle ice water in the first place
- If the bleeding does not settle within 5-10 minutes call me to seek urgent medical advice or call an ambulance to take you to your closest emergency department

#### **When do I have follow-up?**

- Your first appointment will be around 2 weeks after surgery

If you have any problems please contact me on 0413 310 971 or 7200 2539.  
Please note the mobile number is **only** for use during the post-operative period



Dr Andrew Foreman  
Dr Michael Switajewski  
Dr Paul Varley  
Dr Michael Jay

30 Flinders Street  
Kent Town SA 5067  
tel. 08 7200 2539  
fax. 08 8363 3083  
email. foreman@entsa.com  
website. ForemanENT.com.au