

POST-OPERATIVE INSTRUCTIONS

ADENOTONSILLECTOMY

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What can I expect after the operation?

- Children do usually recover quickly after this 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
- If your child has an adenoidectomy a breathy voice or regurgitating food through the nose is rare occurrence. This should improve within 2 weeks
- Some bloodstained saliva is not uncommon. Fresh blood is a concern

*****Stay within 15-20 minutes of medical assistance in case of bleeding*****

What should I give my child for pain relief?

- Regular Paracetamol every 6 hours
- Nurofen (Ibuprofen) can be used occasionally between Paracetamol doses but should not be used regularly

What can I do to aid my child's recovery?

- **Encourage them to keep eating as normally as they can.** This reduces the chance of infection and of bleeding
- Maintain regular fluid intake to avoid dehydration

What should my child 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 your child spits up any blood, complains of increasing pain or their oral intake drops off, you should call me. This may be a sign of infection

What happens if my child has bleeding?

- Your child is at risk of bleeding for up to 2 weeks after surgery
- Teenagers should gargle ice water in the first place
- If the bleeding does not settle in 5-10 minutes call me, seek urgent medical advice or call an ambulance to take you to the nearest emergency department

When do we 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



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