

Tonsillectomy and Adenoidectomy

Advice Following Surgery



Post operative medication: After surgery to the tonsils and adenoids you will usually be prescribed the following medication:

- Oral Antibiotics – 1 tablet 3 times a day for 7 days
- Pain killers (Paracetamol, Codeine, Ibuprofen, throat spray (diffam)) – please take these as prescribed.

Please take these medications and follow the advice below, this will help make your recovery more comfortable and prevent post surgery complications like excessive crusting, bleeding and infection.

On returning home after the operation, you/your child must rest for a few days. Please keep out of contact with non-family members, avoid crowded areas and stay in a smoke-free zone for two weeks following surgery. This is to prevent infection.

You will need 2 weeks of work/school.

Make sure that you/your child eat and drink normally as this helps the throat to heal. You will need to ensure that you have enough pain relief at home (the nurse discharging you will advise you which ones to take and how to take them), you must take them regularly for one week, even if you do not feel much pain. This will keep the throat comfortable and make swallowing easier. **It is advisable to set an alarm to wake in the night to take a dose of pain killers to ensure the throat is not too painful in the morning.**

It is normal for pain to increase in the first 3-4 days after surgery before it starts to plateau and then reduces by 7-10 days.

Earache and bad breath are common for a few days after the operation. It is normal for the throat to have yellow scabs where the tonsils were. These will be present for about 14 days.

You may notice snoring for several weeks until the swelling settles. It is also common to experience nasal stuffiness.

Do not blow your nose/allow your child to blow their nose for the first few days (and only gentle blowing for 10 days after this).

It is best to avoid travelling too far from the hospital where your surgery took place in the first 2 weeks after surgery.

Please avoid flying and foreign travel for three weeks after the operation.

Possible complications following tonsillectomy and adenoidectomy

Please contact us or attend your local A+E if you/your child has:

- Any bleeding from the tonsil site. If your child has any significant bleeding please dial 999.
- A high temperature (38.5°C or above).
- Persistent pain which is not being relieved by regular doses of painkillers.

If you experience any of the above, we advise you to contact us immediately for advice (01494 267067), or attend your local A+E. For most patients this will be at the John Radcliffe Hospital. Bleeding after tonsillectomy can be life threatening and can sometimes require an operation to stop. Do not delay seeking help and advice. If in any doubt call 999.