

## POST-OPERATIVE INSTRUCTIONS FOR CHILD FOLLOWING TONSILLECTOMY AND/OR ADENOIDECTOMY

**GENERAL INFORMATION:** Recovery from this form of surgery in children is frequently rapid. After feeling slightly uncomfortable on the day of operation, children generally return to their normal condition by the next day. However, a week should be allowed to enable full recuperation. The following information is for your assistance in caring for your child after leaving hospital.

### DISCOMFORT

Some pain in the throat is often a problem on the first day after surgery. This quickly settles although some discomfort may continue for a few days. Many children complain of earache. This pain originates in the tonsil region but is felt to be coming from the ear because both the tonsil and the ear share the same nerve supply.

### PAIN RELIEF

Panadol elixir, 5-10mls according to the instructions on the bottle can be given half an hour before meals, or at other times when necessary, to assist with pain relief. Panadol can be purchased without a prescription. **Do not give Aspirin** as this may promote bleeding. If severe pain occurs, please feel free to contact me at the numbers printed below. Some slight increase in discomfort may be noted on the 4<sup>th</sup> or 5<sup>th</sup> day as part of normal healing.

### HEALING

Healing occurs very rapidly. A yellow-white membrane is usually seen overlying the site of the tonsil removal. This is normal and does not mean infection is present.

### FEEDING

Your child should be encouraged to drink plenty of fluids (lemonade, etc.) but **avoid hot drinks**.

For the first one to two weeks, soft, cool foods with low roughage should be given. **Avoid very hot foods**. A normal diet may be resumed within two weeks. If there is any discomfort noted with eating, Panadol may be given half an hour before meals to assist in relieving the pain.

### BLEEDING

A small amount of blood staining may be noted for the first couple of hours after surgery and your child will be frequently checked by hospital staff. Bleeding after leaving hospital is **UNCOMMON**. Occasionally 7-10 days after the operation a small amount of blood in the sputum may be noticed. This could be due to a throat infection and should be checked promptly by me or your local doctor. If an infection is present, a suitable antibiotic will need to be commenced.

If bleeding is more than a spot or two, place your child on his/her side with head on a pillow to allow blood to run out of the mouth. Any clots should be gently spat out. If it is not distressing, give your child an iceblock to suck.

If bleeding occurs, contact doctor immediately via the Hospital or emergency contact number given prior to surgery.

### RETURNING TO NORMAL ACTIVITY

- Rest at home for one to three days is desirable. The remainder of the first week is for convalescence and quiet activities only should be allowed.
- Avoid exposing your child to cold.
- School may generally be resumed a week after surgery.
- If the adenoids only have been removed, full activity may be resumed after one week.

POST-OPERATIVE VISIT TO DR. LEWKOVITZ - A post-operative appointment will be made by my secretary/receptionist at the time of booking the surgery date.

