



Post-operative Instruction Sheet - Tonsillectomy +/- Adenoidectomy

Paediatric Discharge with Oxycodone

Tonsillectomy involves removal of the tonsil from the back of the throat. This may be performed in combination with removal of adenoid tissue from the back of the nose. The two main indications for these procedures include recurrent tonsillitis and relief of sleep disordered breathing.

Pain control post-operatively

- Having the tonsils removed is a painful procedure.
- **I recommend that you give your child:**
 - **regular paracetamol four times a day for the first 7-10 days after the surgery**
 - **regular celecoxib twice daily for the first 7-10 days after the surgery**
 - **oxycodone every 6 hours as required for severe pain only**
 - **10-day course of prednisolone (predmix) as prescribed**
- Do not exceed the recommended dose of paracetamol as directed on the packet as this can result in serious complications.
- Avoid the use of Nurofen (ibuprofen) as this may increase the rate of post-operative bleeding.
- **If none of the above measures can control the pain, please call the rooms for advice. If your surgeon is not in rooms or it is outside of normal business hours present to your local emergency department and/or GP where the options for extra pain relief may include:**
 - One off dose of dexamethasone 0.1mg/kg
 - Alternate analgesia
- It is normal for the pain to fluctuate. Typically, the pain will reach a peak between days 3-7 but it will take about 2 weeks to settle completely.
- It is normal to experience referred pain to the ears.

Post-operative Diet

- It is very important to maintain fluid intake after the surgery.
- Whatever you can convince your child to eat is acceptable, but fluids are the most important. If the throat becomes dry, the pain can become worse so continue to sip on water.
- The only thing to avoid is acidic based foods like citrus fruits and tomatoes as they may sting.

Bleeding post-operatively

- Secondary bleeding (>24hours after the surgery) can occur anytime in the two weeks following the operation but is more common in days 5-7.
- It occurs in about 1-3% of children undergoing tonsillectomy.
- For this reason, it is important that you remain within an hour access to a hospital with ENT services for 2 weeks.
- If there is more than a tablespoon of blood following the tonsillectomy, or persistent bleeding, you should present immediately to your closest emergency department for review.
- Please contact the rooms to update us should this occur.

Post-operative antibiotics

- There is no evidence to suggest that post-operative antibiotics reduce the rate of bleeding, pain or time to normal oral intake.
- It is normal for the back of the throat to have a yellow-greenish covering after tonsillectomy performed. This is not an infection but the reaction of the normal healing tissue to saliva. You do not need to take antibiotics for this.
- Some children may have a foul-smelling breath after the operation. This is a normal part of the healing process. Unfortunately, antibiotics or mouth rinses do not affect the recovery of this.
- Temperatures up to 38C are sometimes common post this procedure.
- Sometimes you can experience pain in your ears, which is referred pain but more common in children.
- It is best to avoid swimming in public pools for the first 10 days post procedure.