



# SYDNEY ENT HEAD & NECK

## NEWTOWN

Suite 7, 155 Missenden Rd NEWTOWN NSW 2042

## CROWS NEST

Suite 211, 300 Pacific Highway CROWS NEST NSW 2065

### TONSILLECTOMY AND/OR ADENOIDECTOMY POST OPERATIVE INSTRUCTIONS

- Eating and drinking is extremely important as it keeps the area where the tonsils have been removed clean and helps prevent bleeding. You can eat and drink what you like but most people find that softer and cooler foods more comfortable
- Discomfort after your surgery is very common. The discomfort will often refer to the ears. It is also common to have worse pain for a day or two somewhere between Day 7 and 10.
  - For pain relief: take Panadol OR Panadeine Forte +/- Nurofen up to 4 x daily as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding) – usually ½ hour before meals and bed time
  - If the pain is more severe – take Oxycodone up to 4 x daily as prescribed
- Bad breath after surgery is common and of no concern
- Take antibiotics as prescribed
- If there is a small amount of bleeding mix 25mls of 3% Hydrogen Peroxide (over the counter from the pharmacy) with 25mls of water, gargle and spit out (do not swallow). This can be repeated a number of times. The mixture will go frothy in the mouth. You can do a plain water gargle as the last rinse if you like. This will often settle minor bleeding.
- If there is any major bleeding or if it doesn't stop with 3% Hydrogen Peroxide gargles you must go to your nearest major hospital Emergency Department to be assessed
- It is recommended that you have 7 -10 days off school or work and no sport, heavy lifting (nothing heavier than a standard dining room chair) or flying for 2 weeks after your surgery

#### Follow Up

- An appointment will be sent for you to be seen in the rooms in 4 weeks

#### Contact details for both Newtown and Crows Nest ENT Specialist Clinics

P 02 8355 7940

F 02 8078 4408

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