



DR BRETT LEAVERS
ENT, Head& Neck Surgeon
www.brettleavers.com.au

St Vincent's Private Hospital
Suite 1403, 406 Victoria Street
Darlinghurst, NSW, 2010
(02) 9037 6373
reception@entsc.com.au

Denistone52ENT
52 Denistone Road
Eastwood, NSW, 2122
(02) 9037 6373
reception@entsc.com.au

POST OPERATIVE INSTRUCTIONS

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Things to Expect & Do:

Pain: You/Your child will have some discomfort following the procedure. This can be in both the throat & ears. This typically lasts up to 10 days. It can be worse between days 4-7. It is important to take pain relief (see below) so you/your child can eat and drink. Adults will often find chewing gum helpful.

Eating & Drinking: There are no dietary restrictions. Most patients feel like a soft diet. Keeping adequately hydrated is important. Water, sports drinks, jelly, ice cream, etc. are all good options.

Bad Breath: You/Your child will typically have bad breath for 1-2 weeks following the procedure. This will resolve.

Work/School: Avoid strenuous exercise or activities for the first 2 weeks. Your child should not go to school/pre-school or sport.

Medications to take:

Analgesia (Pain relief): Take pain relief as prescribed. This will generally consist of regular paracetamol and Palexia or endone. If this is providing inadequate analgesia let me know & I may additionally prescribe prednisone and/or ibuprofen (nurofen).

Antibiotics: You/Your child may or may not have been prescribed antibiotics depending on the circumstance

What to look out for:

Bleeding: I will have discussed the risks of bleeding ("secondary haemorrhage") with you prior to the procedure. Scant blood can be present and expected during the recovery period. If you/your child spits or vomits more than a few small mouthfuls of fresh blood medical attention and review is required. Please contact me but you will need to go to your nearest major (tertiary) hospital.

Fevers: Isolated fevers can occur postoperatively. If these normalize with the paracetamol and you/your child is otherwise managing to maintain fluids there is generally no concern. If the fevers persist or you are worried, please contact me.

Dehydration: You/your child will eat & drink less over the 1st week following your procedure. If you/your child is unable to swallow fluids for a sustained period of time (24hrs) then you/they may become dehydrated. Contact me if this occurs for further instructions/advice.

Nausea & Vomiting: This typically occurs in the 1st 24 hours following the operation and is often related to the anaesthetic drugs. It should resolve/settle. If ongoing it may be a side effect of the pain medication.

Emergency Contact
Dr Brett Leavers
Phone: (02) 9037 6373

For non-urgent or general enquiries please call the rooms where you were seen