

Tonsillectomy (Adult)

Post Operative Instructions

Information for Patients

This is some general advice for your recovery following your operation. Every person having surgery is an individual, therefore your surgeon will give you any additional advice pertinent to you if required following your operation. Please do not hesitate to ask if you have any further questions.

Post Operative Instructions

Following discharge from hospital it is important to continue to eat a normal diet and drink plenty of fluid. It is not advisable to have a diet of only soft, sloppy foods, such as soup, jelly, ice cream etc during the first week. It is best to have a varied diet of foods requiring chewing. Patients are advised to chew gum, as this stimulates the production of saliva and swallowing process as this cleans the wounds. On looking into the mouth, the tonsil bed may have a white coating, this is part of the healing process and is quite normal. The small flap at the centre of the back of the throat may be enlarged. This is common following tonsil removal and this will resolve. Carry out normal dental hygiene and mouth care.

Pain Control

You will be given two types of soluble painkillers to take home with you. For effective pain relief paracetamol or co-codamol should be taken half an hour before meals. It is important to take only the recommended dose and no other medication containing paracetamol. Diclofenac 50mg tablets may be taken every 8 hours in addition to the paracetamol/co-codamol, if you are asthmatic or have a gastric problem, you may be given an alternative medicine.

Antibiotics

If you have been given antibiotics on discharge it is important to take them as prescribed and to complete the course as instructed to prevent post-operative infections.

Contraception

Female patients on the contraceptive pill should take their medication as normal but if they have vomited at the time of surgery or have been given antibiotics they should use further contraception, during and for the following month

Exercise

You are advised not to take any strenuous exercise on discharge as you may feel tired and experience muscular pains as a result of the general anesthetic. This will resolve. Smoky and dusty atmospheres and contact with infection should be avoided until the healing process is complete. Please contact your GP immediately if you have any fresh bleeding from the tonsil bed or have persistent pain not relieved by analgesia and feel unwell.

Any queries during the first 24 hours after discharge, please contact: ENT Ward 19a on 01506 524119