



MYENT SPECIALIST
Experts that Care

After your Tonsil Surgery - Adults

Tonsil surgery is very safe, but every operation has a small risk. Complications may include:

Bleeding

The most serious problem is bleeding. About 4 people out of every 100 who have their tonsils out will need to be taken back into hospital because of bleeding, but less than one person out of every 100 will need a second operation.

Throat Pain

The sore throat usually is at its worst 3 days after the surgery and then will get better day-by-day. It can take up to 10 days for the pain to go away completely. Take your painkillers regularly, half an hour after meals for the first few days. Do not take more than it says on the label. We would suggest the following

- ✓ -Difflam mouth-rinse 4 times daily
- ✓ -Paracetamol 500mg, take 2 tablets every 6 hours for 5 days regularly
- ✓ -Ibuprofen 400mg every 8 hours for 5 days regularly

If the pain is not controlled by this we will prescribe stronger medications such as Palexia. These can make you sleepy and should be taken as prescribed and only if needed.

Damage to teeth

During the operation, there is a very small chance that we may chip or knock out a tooth, especially if it is loose, capped or crowned. Please let us know if you have any teeth like this.

Feeling Sick

Some people feel sick after the operation. We may need to give you some medicine for this, but it usually settles quickly.

Sore Ears

This is normal. It happens because the throat and ears have the same nerves. It does not usually mean that you have an ear infection. It will get better as the throat gets better

Your throat will look white

This is normal for the first couple of weeks while the throat heals. It does not mean that the throat is infected. Rarely some people get a throat infection after surgery, usually if they have not been eating properly. If this happens you may notice a fever **and** a bad smell or taste from your throat. If

this happens call your family doctor, rooms or the hospital for advice.

Things to do after surgery

Stay off work for 7 to 14 days

Make sure you rest at home away from crowds and smoky places. Keep away from people with coughs and colds. It is normal to feel tired for the first few days after surgery.

Eat normal food

Eating normal food will help your throat to heal. You can have soothing foods such as ice cream as well but don't just eat soft food. Normal food will keep the throat clean and it will help the pain too. Always have a drink of water with every meal. Some people may find spicy or acidic foods uncomfortable for the first week so these are best avoided. Chewing gum stretches the muscles of the throat and also helps the pain.

Take the painkillers for 5 days

It is best to take your painkillers regularly for the first few days. Don't wait and see if you need them. By day 7 the pain should be getting better and for most people it is only very mild after 10 days.

Keep the teeth and mouth clean

It is very important to clean your teeth after tonsil surgery. Use a small amount of toothpaste to clean the teeth thoroughly after each meal. This will help to stop the throat getting infected. Gargling with hydrogen peroxide mouthwash (Colgate- Palmolive) twice a day will also keep the mouth clean.

Bleeding can be serious

If you notice any bleeding from your throat or nose, you must see a doctor. Either call the rooms, call your GP, call the ward, or in an emergency go to your nearest hospital emergency department.

Review appointments

We will contact you after your surgery to check on your progress and book a review appointment. If you have not heard from us within 5 days please call the rooms. This appointment is usually 3-4 weeks after the surgery.



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Useful Numbers

Dr John McGuinness	
Rooms (office hours)	1300 3620715
Nurse (8am- 8pm)	0418 824 652
Campbelltown Private	4621 9111
Lifehouse at RPA	8514 1850
L'pool Public-ENT Registrar	9828 3000
St George Private	9598 5555
St George Public- ENT	9113 1111
St Luke's Hospital	9356 0200