

DR JAMES BOWMAN

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POST OPERATIVE INSTRUCTIONS FOLLOWING ADENOTONSILLECTOMY

PAIN RELIEF

Pain can be managed with Panadol. Pain relief should be given 30 minutes before meals to assist in swallowing. Aspirin and Anti-inflammatory medication (e.g. Nurofen, Brufen, and Voltaren) should be avoided as it may cause bleeding. Pain will often increase 4-5 days after surgery. "Pain Stop" can be obtained from pharmacies and may be given if Panadol is insufficient in children. Adults will be prescribed stronger painkillers before discharge from the hospital.

Dr Bowman may prescribe Oxycodone - this is a strong medication and should be used sparingly. Some of the side effects include drowsiness, constipation and itching. If you have any concerns then cease the medication immediately and contact Dr Bowman's rooms.

It is important that patients eat as normal a diet as possible after tonsillectomy as it assists the healing process. Eating and drinking as much as possible reduces the chance of infection and bleeding. Chewing gum can be given as it will increase saliva flow and exercise the muscles of the throat.

BLEEDING

Bleeding can occur at any stage in the 2 weeks following surgery and patients should not leave the Brisbane area for 2 weeks. If severe bleeding occurs at home you should dial 000 immediately and seek medical advice. The best way to avoid this complication is to eat as normal a diet as possible.

COMPLICATIONS

It is not unusual to experience earache after the operation as this is referred pain from the throat and does not mean that the ear is infected.

The area in the mouth where the tonsils have been removed often develops a white or yellow membrane after surgery. This is not infection and does not require antibiotics. Antibiotics may be given post-operatively if the tonsils have been particularly infected at the time of surgery. Dr Bowman will discuss this with you before discharge from hospital.

- It is not uncommon for snoring to increase for approximately one week, and then reduce.
- Bad breath is quite common after adenotonsillectomy and usually disappears by 14 days after the surgery.

ACTIVITY

Patients should rest for 24-48 hours and then introduce activity as tolerated. Children may return to school after 10-14 days. Heavy physical activity (running, gym work, contact sports) should be avoided for 2 weeks.

OUT OF HOURS EMERGENCY CONTACT

If you have any concerns please do not hesitate to contact Dr Bowman's office on 3163 3633. If after hours, should you require URGENT attention following discharge from hospital, depending on the nature of the emergency, either:

- 1) Call an ambulance on 000**
- 2) Call the ENT On Call Service on 0499 330 021 (do NOT send SMS messages or photos)**