

POST-OPERATIVE INSTRUCTIONS

Adenotonsillectomy

You must stay within 45 mins of the Southwest Health Campus for a minimum of 2 weeks following surgery

Adenotonsillectomy is a very common and safe surgery performed in children. Majority of children recover quickly after this procedure. Once removed, the tonsil beds are left open, and it is normal to see white patches at the back of your child's throat. This is normal and is not a sign of infection. Do not remove them.

These patches will eventually fall out usually a week after the surgery.

Pain relief

Your child will have sore throat for up to 2 weeks after the surgery. Ear pain may be present. This is normal. Pain usually gets worse when the white patches come off.

- Give your child regular pain killers. The goal is to make your child comfortable. Your child's pain will be in better control if you do not skip doses.
- Regular paracetamol
- Regular anti-inflammatory
- Oxycodone – only if in severe pain as prescribed by your anaesthetist.
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What can you do to aid your child's recovery?

- Encourage your child to eat as normally as possible. This reduces the chance of infection and bleeding.
- Maintain regular fluid intake.
- Chewing gum.
- Have a humidifier in the room.
- Ice the neck.
- Plenty of Icy poles!

Look out for:

Signs of dehydration

- Dark urine
- Urinating less than two to three times a day
- Lethargy
- Dry skin
- Fever / increased temperature

Bleeding

- If your child is spitting up blood, coughing up blood or vomiting blood – act fast.
- Keep your child upright.
- Be calm.
- Encourage your child to spit out the blood and drive to the Bunbury Emergency Department.
- If you are unable to drive your child, call for an ambulance to take you to the nearest emergency department.

Breathing

- Snoring, heavy and mouth breathing are normal after the surgery for up to 14 days.

Smelly breath

- Very common, esp. in the morning.
- Regular gargle/chewing gum helps.

What to avoid

- Very hot meals or bath
- Heavy lifting, straining, strenuous activities
- Tart fruit juices e.g. orange, grapefruit, tomato
- Food with sharp edges