

POST-OPERATIVE INSTRUCTIONS

Tonsillectomy (Adult)

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

Post tonsillectomy pain

Tonsillectomy is a painful procedure.

- Pain varies significantly from person to person.
- The pain is often referred to your ears or your teeth.
- The pain typically increases between days 5 and 7 after the surgery. This is normal and expected due to maximum healing. During this period pain relief may need to be increased

A suggested analgesia regimen (this may vary depending on your anaesthetist)

- Regular paracetamol, 1gm four times
- Celecoxib 200mg twice a day – this is non-steroidal anti-inflammatory.
- Or Ibuprofen 400mg three times a day
- An opiate analgesia such as Oxycodone/ Buprenorphine/Tramadol/ Tapentadol – will be prescribe by your anaesthetist.
- A gargle with local anaesthesia such as Difflam gargle / Xylocaine viscous
- Chewing gum helps relieve muscle spasm and jaw ache.
- Sucking on ice blocks esp. hydralyte (rehydration) ice blocks is very soothing.
- Recent studies have shown there is benefit from honey – take a teaspoon (5mls) as you wake – obviously more is harmless and may be helpful.

Antibiotics – These are not prescribed routinely, as infection is uncommon and there is no evidence they improve healing or reduce risk of bleeding and may cause side effects. Occasional they may however be prescribed for some patients, due to other considerations and your surgeon will advise you in this case.

Post tonsillectomy diet

It is important to ensure that your diet remains as normal as possible to minimise the risk of dehydration, infection and bleeding, and speed up the recovery process. Mild dehydration can increase the discomfort after the surgery, so keeping up fluid intake is important.

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Fluids include water, juices, rehydration fluids such as Hydralyte, sports drinks like Powerade or Gatorade, as well as jelly, milkshakes, yoghurt, custard, soups, and ice cream.

Remember it is better to have small sips every few minutes than to try and force down large amounts.

Post tonsillectomy bleeding

This is the biggest concern post-surgery.

5% of patients will have some bleeding (small amount of fresh blood or old clot) but 2% of patients can have a larger bleed and may need to have an operation to stop the bleeding. If there is more than one tablespoon of fresh blood, brisk bleeding or vomiting blood please go to the **Emergency Department at Bunbury Regional Hospital – Call an ambulance if concerned.**

What to avoid

- Medications that thin the blood- Aspirin or anti-inflammatory medications
- Very hot meals or baths
- Heavy lifting, straining, strenuous exercise
- Smoking

Post tonsillectomy – other sensations

- Bad breath and altered taste – this should improve.
- Tightness in the throat/ stretching or even tearing sensation when opening your mouth wide – this is due to the scarring and is normal.
- Your voice will change – this may be slight or noticeable in others.
- Swallowing will feel different, most people get used to this.