

## **Southeast ENT Clinic**

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## **POSTOPERATIVE INSTRUCTIONS FOLLOWING TONSILLECTOMY**

*Dear Patient/Carer:*

*Please read this document carefully as it contains important information that complements the instructions given by Mr Hurtado during your recent surgical admission.*

### **Medications:**

You should receive prescribed analgesics before you leave the hospital. The ward nurses will explain to you how to use these products before you are discharged. Please follow the medication instructions carefully and consult your healthcare professional if you have any questions.

Wait 2 weeks from your surgery before restarting the intake of fish or krill oil. Please ask Mr Hurtado when to restart any other blood thinner drug (ie, Aspirin, Warfarin, etc.).

### **What to expect**

It is expected to experience throat discomfort and probably ear pain. These symptoms normally aggravate 3 to 5 days after surgery. You may use lozenges with local anaesthetic 15 minutes before each meal if required. Bad breath is also common and will be temporary. Routine dental hygiene may continue, but avoid use of mouth rinsing gargles.

### **Attend your nearest Emergency Department or local GP clinic**

In case of bleeding, fever or severe pain that doesn't respond to the prescribed analgesics. Mr Hurtado is able to provide advice to your doctor if required.

### **Diet and physical activity considerations**

*During the first week:*

The use of soft diet is recommended during this period. This includes soups, mashed vegetables, yoghurt, jelly and ice cream. Normal diet may restart as soon as throat discomfort is no longer present.

*During the first two weeks:*

Have relative rest and avoid lifting heavy objects. Avoid bending over. If you need to pick up objects from the floor, do so by bending your knees, keeping your head up if possible. During this period, Mr Hurtado recommends you to avoid air-flight travel.

*During the first four weeks:*

You may now restart slowly all previous levels of physical exercise (including sports).

*On your postoperative appointment:*

Mr Hurtado will advise if an appointment is required at our practice. If not, please attend your local GP clinic in 4 to 6 weeks for routine review.

*Do not hesitate to contact us if you require any further information regarding these instructions.*

*Southeast ENT clinic*