



**POST OPERATIVE INSTRUCTIONS for
MR DAYAN CHANDRASEKARA**

ADULT OR PAEDIATRIC TONSILLECTOMY (WITH or WITHOUT ADENOIDECTOMY)

Pain Relief:

- Please take pain killers as directed. Taking these medications regularly over the first five (for younger children) or ten (for older children//teenagers and adults) days ensures the usual post-operative pain is better controlled. After this wean back the medications but take enough to keep comfortable enough to be able to swallow.
- Avoid aspirin for 2 weeks after surgery
- Ear pain is common and due to referred pain from the site of surgery
- Please ensure you do not exceed the maximum daily dose of each medication.

Diet:

- You can eat and drink whatever you like and whatever feels comfortable. There is no evidence any specific food or fluids help or harm recovery or healing, though orange juice can sting a little bit. Ensure you or your child gets enough daily fluids to keep well hydrated
- Try and remember to keep your fluid and fibre intake up to avoid constipation

Warning Signs:

- Please notify any bleeding more than about a tablespoon, or that does not stop; small spots of blood are common and not a concern
- In the event of a large sudden bleed, call an ambulance immediately and go to your closest emergency department
- Fever greater than 38.5
- Inability to tolerate any oral intake – this can result in dehydration and in rare instances can result in readmission to hospital for intravenous fluids
- For any of the above or anything you feel is not right or concerning, contact me using details below

Other Things to Expect:

- Nausea is common in the first 24 hours and usually related to the general anaesthetic
- Ongoing nausea after this is uncommon, but could be a sign of reaction to the pain killers
- Smelly breath and a white/yellow membrane forming at the back of the throat is common and often mistaken for infection; this will usually resolve within 2-3 weeks of surgery, antibiotics are usually not required unless there is a high fever; gargling salty water can help with cleansing this area but is not mandatory
- A follow up appointment should be made 2-4 weeks after surgery

Restrictions During the Recovery Period:

- no school or work for 14 days – this is not negotiable due to the risk of bleeding
- no flying or travelling to remote parts of Australia for 3 weeks after surgery

- avoid exercise, strenuous activity or anything else that raises the blood pressure within 2 weeks of surgery; children should generally be doing gentle indoor activities
- avoid active or passive smoking

Contact Details:

- Office hours (9am to 5pm) TEL 03 9817 4366
- After hours call the hospital ward you were admitted to and they will contact me
 - St Vincent's Private Hospital East Melbourne TEL 03 9928 6555
 - Paediatric Ward – 3rd Floor East Melbourne
 - Adult Ward – 4th Floor East Melbourne
 - Warringal Private Hospital Heidelberg all wards TEL 03 9251 6651
 - Epworth Eastern Hospital TEL 03 8807 7100
 - Surgical Ward - 6th Floor

If you cannot contact me after hours, please present to your closest Emergency Department immediately (particularly if there is ongoing bleeding as this needs to be attended to urgently).

The following Emergency Departments have 24 hour On-Call ENT Surgeons available:-

- Box Hill Hospital – 8 Arnold St, Box Hill (Adults and Children)
- Monash Medical Centre – 246 Clayton Rd, Clayton (Adults and Children)
- Austin Hospital – 145 Studley Rd, Heidelberg (Adults and Children)
- St Vincent's Hospital – 41 Victoria Pde, Fitzroy (Adults ONLY)
- Alfred Hospital – 55 Commercial Rd, Prahran (Adults ONLY)
- Royal Melbourne Hospital – 300 Grattan St, Parkville (Adults ONLY)
- Eye and Ear Hospital – 32 Gisborne St, East Melbourne (Adults and Children)
- Royal Children's Hospital – 50 Flemington Rd, Parkville (Children ONLY)