



MR STEWART LEE

Tonsillectomy

PRE OPERATIVE INSTRUCTIONS

General information

The following is a general guide before your surgery. Mr Lee will provide more specific information about your own operation.

- If you take any herbal medicines or supplements please inform Mr Lee as some of these (such as Fish oil and Ginko) should be stopped two weeks before surgery.**
- Do not take non-steroidal pain-killers such as Nurofen for at least one week prior to your surgery and do not restart them until directed by Mr Lee. You may also need to stop some prescribed medications like aspirin, but this will be decided at the time of your consultation.**
- Please follow the fasting instructions carefully as failing to do so can result in your operation being cancelled. Anaesthetising someone who is not appropriately fasted can result in serious complications.**
- You will need to take about two weeks off work or school to rest and recover.**

Please call if you have any queries on : 9817 4366



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POST OPERATIVE INSTRUCTIONS

The following is a general guide to caring for yourself after surgery. Mr Lee will provide more specific information about your own operation.

What to expect after surgery

- **Make a follow up appointment usually for two to four weeks after surgery.**
- **Mild pain should be controlled by the pain-killers you will be given upon discharge. Please use as directed. Pain is often worse at day 4 or 5 and there may also be some referred pain to your ear. To alleviate pain and discomfort, take regular pain-killers for a few days rather than waiting until the pain becomes bad enough. Don't be brave about it and if experiencing excessive pain you must contact Mr Lee or your Anaesthetist.**
- **Nausea for the first 24 hours is common and related to the anaesthetic. If excessive or persistent this can be treated with medication.**
- **A white or yellow membrane will form over the back of the throat as healing progresses.**

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- **Avoid the following activities that may induce bleeding i.e very hot showers or baths, straining or strenuous exercise.**
- **Avoid smoking as this impairs the healing process and may lead to bleeding.**
- **Small spots of old blood may be coughed up in the first few days after surgery.**
- **Eating and drinking as normally as possible will speed up healing and lead to less post-operative pain. Acidic drinks (orange juice), alcohol, spicy foods should be avoided, however.**

What not to expect after your surgery

Please contact Mr Lee or seek urgent help from your local doctor or your nearest Emergency Department if you experience:

- **Excessive or persistent bleeding**
- **Fever**
- **Excessive pain, not controlled by your discharge pain-killers**

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ADENOIDECTOMY

Hospital discharge may be the day of surgery

PAIN

Pain is usually mild and persists for (1) week. Regular paracetamol or Nurofen should relieve the pain

EARACHE

Ear ache may be referred from the back of the nose. This will settle in one to two (1-2) days. Prolonged ear pain should be reported to your doctor

DISCHARGE

Blood stained or mucous discharge may occur over the first week. If the discharge persists report this to your doctor. Your child may develop an unpleasant odour from the nose. This can be helped with saline washes or mouthwashes.

NOSE BLOWING

DO NOT blow the nose – *wipe only* – for the first week after surgery

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