



Fact Sheet:

Tonsillectomy (with or without Adenoidectomy)

- Pain is common and requires medication:
- Avoid hot foods, or foods that are spicy or acidic. Rough or chewy foods are fine.
 - **Children:** regular paracetamol
regular ibuprofen
 - Follow dosage guidelines to avoid overdosing and these can be continued for as long as required
 - Oxycodone syrup may be required intermittently
 - **Adults:** regular paracetamol and ibuprofen. Chewing gum can ease the pain
 - Oxycodone tablets may be required intermittently
- Encourage normal diet – although “grazing” rather than full meals may be the norm.
- Ensure adequate fluid intake – Icy Poles are a good trick in children.
- Antibiotics may be required in some instances, although after not often required.
- Expect to be home from school/kindergarten or work for 10 days.
- Avoid strenuous activities and swimming for 2 weeks.
- If you are live away from the Adelaide metropolitan area, you should remain within an hour of the Adelaide CBD for 2 weeks post operatively due to potential for bleeding.
- It is normal:
 - To have a fever in the first 24 hours after surgery
 - Any longer/after please contact rooms
 - Note an increase in pain between days 3 – 5
 - Note bad breath and a white or yellow/green debris (also called “slough”) where the tonsils were is normal (this is not a sign of infection).
- It is NOT normal:
 - To have bleeding: Any bleeding more than a tablespoon in size should present to the nearest Emergency Department.
 - To have a sudden increase in pain or fever after 48 hours post surgery – please call the rooms if this occurs.
- Follow up appointments are usually at 6 weeks. Please call the rooms if you have any other questions.