

# Ear, Nose & Throat Victoria

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## **WHAT TO DO AFTER TONSIL AND/OR ADENOID SURGERY**

### **If only the adenoids are removed:**

Patients can usually leave hospital on the same day as the surgery.  
Only two or three days are usually required away from school.  
Sporting activities should not be undertaken for at least one week.  
A normal diet can usually be tolerated within 24 to 48 hours.  
Pain relief should be taken as required. (Aspirin should not be taken).

### **If the tonsils are removed:**

Generally patients will be able to leave hospital the day after surgery.  
Patients may require up to two weeks away from school or work.  
Patients should avoid exercise or other strenuous work for two weeks following the surgery.  
Regular pain relief should be taken until the pain resolves (every 4 to 6 hours).

**PATIENTS SHOULD NOT TAKE ASPIRIN OR ASPIRIN LIKE MEDICATIONS  
IE: NUROFEN FOR TWO WEEKS AFTER SURGERY AS THIS MAY  
INCREASE THE RISK AND/OR SEVERITY OF BLEEDING.**

Patients are encouraged to eat solid foods (ie cereals, vegetables, breads) that require some chewing as this helps to keep the mouth clean. Chewing gum is also of help.

Tough foods (ie meats), salty foods and acidic drinks (ie orange juice) may aggravate the discomfort and so should be avoided.

Plenty of water should be taken, especially in smaller children and warmer weather.

### **Bleeding:**

Small spots of blood are not unusual however, if heavy or persisting bleeding occurs you should present to the emergency department at either Box Hill Hospital or St. Vincent's Hospital and contact our Box Hill rooms on 9895 0400 if during business hours 9 am to 5 pm. The staff will then contact your surgeon.