

WHAT TO EXPECT

Fatigue

The general anaesthetic, surgery and medications may cause your child to feel fatigued.

Pain and bad breath

Your child may have sore ears or a sore throat for a few days. Bad breath can last a week or so. Blood stained saliva or nasal mucus may last a few days.

WHAT TO DO

General Care

Your child should rest at home for the first week and may begin gentle walks in the second week, if he/she feels well. It is important that your child drinks plenty of fluids and eats as normally as possible. Most patients find cold and soft foods easier to swallow, but your child may eat whatever he/she feels like. If your child is unable to eat or drink for more than a day, contact your doctor. Your child will need **1 week** off school and exercise. He/she should not fly for 3 weeks.

Fluids and oral intake

It is very important that your child drinks plenty of fluids and stays well hydrated in the post-operative period. This will help reduce pain and discomfort. Encourage a normal diet. There is no real restriction on what should be eaten. Whatever your child feels comfortable with is fine. Avoid very hot, spicy or acidic foods to prevent discomfort.

Patients who do not eat and drink well, can become dehydrated, then further intake is limited by increased discomfort so a negative cycle develops which culminates in unfavourable conditions in the region of the healing tonsillar fossae which can lead to infection or bleeding.

Activity

As much as possible try to avoid exercise or overexertion. For example, activities such as trampolining or swimming should be avoided. Contact with people with colds or flu should be avoided.

Bleeding

In the event of significant bleeding (generally anything over a teaspoon or, especially continuous bleeding) please seek urgent medical assistance, either by contacting the rooms or attending the nearest public hospital with an emergency department.

Pain relief

Pain medication should be given if your child seems to be in pain.

Paracetamol (Panadol, Panamax) can be taken regularly every 6 hours, as per the dosage on the packet, for your child's weight and age.

Ibuprofen (Nurofen, Brufen) can be taken in addition, as needed, as per the dosage on the packet, for your child's weight and age.

For school-aged children, **Oxycodone** (Endone), taken every 4 – 6 hours, may be prescribed, for any pain which persists, despite use of the regular painkillers.

If pain is not relieved by these measures you should notify your surgeon.

Post-operative appointment

Your child will need to see your surgeon in the office about 4 weeks after surgery, unless otherwise arranged.

IMPORTANT INFORMATION

Attend your nearest Emergency Department for serious complications e.g bleeding or prolonged vomiting or drowsiness.