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PATIENT INFORMATION SHEET-*Tonsillectomy (child)*

PAIN RELIEF – This is a very painful operation to have. The pain typically gets worse on day 3 and continues to be very painful until day 8 post. It is very normal to have a lot of pain for longer than one week after the operation and then it will gradually improve from that point to day 10 when some patients can stop taking the pain relief medication. Pain may be experienced in the throat, ear or tummy.

Taking a combination together of pain medication continuously for ten days is the best way to control pain. I recommend the regime as below.

PARACETAMOL - use four times per day, instructions on bottle.

DIFLAM SPRAY OR LOZENER.

OXYCODONE SYRUP (suitable for some children, if we have prescribed it)

ANTIBIOTICS are usually used after the operation

Oral intake (Eating and drinking) This is important to continue to avoid dehydration, reduce pain and help with healing of the tonsil bed tissue.

Bleeding: Can occur up to 2 weeks after surgery, therefore remaining within one hour of the hospital is important. Should bleeding occur, follow the emergency guide below.

Dr Courtney prefers not to use nurofen as this may increase risk of bleeding.

Most children will need to be off school for at least ten days and during this time should also restrain from vigorous activity.

THROAT – This will appear to have a white coating (wet scab) initially, **this is normal and not infection**, this will gradually disappear over 2 weeks as the mucosal lining heals.

In the case of an emergency post operatively do the following that best fits the degree of urgency:-

1) Present to either John Flynn Hospital or Gold Coast Hospital or The Tweed Hospital emergency department where there is either myself or another ENT surgeon on call 24 hours a day 7 days a week.

or

2) Call my rooms, if during working hours 0756302600.

or

3) Present to the closest emergency department where the problem can be stabilised, but there may not always be an ENT surgeon on call, and they may need to transfer to another hospital, once the doctor at the department has spoken to me.

or

4) Call an ambulance.