



---

**Provider number:** 2733814F (John Flynn)

**Rooms:** 07 56302600

**Fax:**

07 56010052

**Provider number:** 273381WL (Robina)

**Provider number:** 2733816B (Ballina)

**Web:** www.drmarkcourtney.com

---

## **PATIENT INFORMATION SHEET**

### ***Uvulopalatoplasty and Tonsillectomy***

**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.**

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 tablets – 2 tabs every 4-6 hours

Celebrex capsule – 100mg – 1 capsule twice daily (or as directed on bottle)

Diflam throat spray – 2 sprays as required and directed

Endone 5mg – 1 tab three times per day (or as directed on bottle)

Antibiotics – are usually used after the operation

**DIET – It helps pain to drink and eat as tolerated. An adult should aim for at least 2 litres of liquid a day to avoid getting dehydrated. Dehydration can make pain worse.**

**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.**

**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**

Follow-up at Dr Courtney's rooms should be done eight weeks after the operation, please ring and book this.

**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 07 56302600.

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.