



Mr Adnan Safdar MBBS., FRCS., FRACS (ORL-HNS)

DISCHARGE INSTRUCTIONS TONSILLECTOMY

Following your discharge from hospital you are advised to have someone to care for you for the next 24 hours.

It is common that your throat will be sore for the first 7 days after your operation, this can last up to 14 days. You can expect the pain to be worse between 4 and 7 days after your operation. You will be given pain killers to take home with you and advice on how to use them. Do not take Aspirin or Nurofen as this may increase the risk of bleeding, unless advised by your doctor.

You may experience ear pain. This is not uncommon and does not mean you have an ear infection. If the pain is severe or is not helped by your painkillers you should see your local doctor.

After your operation you will have a wound in your throat. In a mirror the wound will look like white crusty patches. Though it may be uncomfortable to swallow, it will help the wound to heal if you can resume a normal diet as soon as possible.

Adverse events can develop after tonsillectomy. You should be aware of the following;

- **BLEEDING:** Any bleed, however small must be investigated immediately by going to your nearest Accident & Emergency Department. If you are alone and this happens and have no one to take you; dial 000 and ask for an ambulance.
- **DEHYDRATION:** If you are unable to swallow reasonable amounts of fluid and food you will become dehydrated and will feel unwell. If you are having trouble of this kind try drinking and eating small amounts frequently.

Once you are discharged home take things easy for 2-3 days. Normal activities, work and exercise can be resumed after 14 days.

You will be informed of your follow-up arrangements before you are discharged home.

In Case of an Emergency Mr Safdar can be contacted via the switch board at St John Of God Hospital on 03-9709 1414 or Maryvale Private Hospital on 03-5132 1200 or alternatively contact Casey Hospital, Berwick switch board on 03-8768 1200 and ask for the ENT registrar. Our Rooms Phone Number is 03-9769 3930 and we are open Weekdays 9 am to 5 pm.