**![Logo, company name

Description automatically generated]()Tonsil and Adenoid Surgery**

**Instructions**

The procedure will take approximately 10-15 minutes and will be done under general anesthesia

Immediately after the procedure, your child will be taken to the recovery room and you will be able to join them there. Once awake, they will be moved to the overnight ward.

**Post procedure pain relief:**

Recovery after tonsil surgery is painful so it is essential that your child gets back to eating a normal diet as soon as possible**.** Eating a normal diet helps the tonsil beds heal and prevents infection developing. Infection in the tonsil bed can cause bleeding. Bleeding can occur at any time during the first 2 weeks after the surgery. **Bleeding after tonsil surgery can be a medical emergency. IF you note any blood in your child’s mouth after the surgery, please contact Dr Sinclair immediately and go to your local emergency department for assessment. If the bleeding is severe, you should call an ambulance.**

To help get your child back to a normal diet, please follow the following guide with regards to pain relief:

**Please give your child regular paracetamol 15mg/kg (maximum 1g) every 6 hours for 10 days**

**If paracetamol does not provide adequate pain relief, please give you child ibuprofen 5mg/kg (maximum 400mg) every 8-12 hours in addition to the paracetamol.**

* Please notify Dr Sinclair if these medications fail to provide adequate pain control

([catherine@melbournethyroidsurgery.com.au](mailto:catherine@melbournethyroidsurgery.com.au), Ph: 1300 370 664(W), 0413 720 037(M))

* Please notify Dr Sinclair if the pain appears to be increasing after Day 5 or if the breath becomes smelly as this may indicate an infection in the tonsil beds.

**Your post-operative appointment will be at Osler House, 159 Wattletree Road, Malvern 3144, on:**

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