



# Postoperative Advice following Tonsillectomy and Adenoidectomy

## What can I expect?

- It takes approximately two weeks for healing to occur following tonsil and adenoid surgery.
- You may experience earache and soreness on swallowing, so you are advised to take your recommended painkillers regularly. Do not take aspirin or medications containing aspirin. If you usually take aspirin, please discuss with your doctor.
- Pain can often become worse 5-6 days following surgery.
- It is important to drink plenty of fluids and eat small amounts often. You should eat and drink normally. Always take pain relief 30 minutes before your meal, this will help to prevent pain when eating.
- A yellow-white scab forms where the tonsils were removed in the 10 days following surgery. This is normal and does not mean that there is an infection. It is a stage of healing. The throat returns to a normal pink colour after 2 weeks.
- You should not return to school/work for 14 days.  
Additionally, you should avoid:
  - Contact with people who have coughs/colds.
  - Crowds and smoky places.
  - Over activity.
  - Alcohol.
  - Smoking.
- It is not always necessary to take antibiotics after surgery. Your doctor will advise you whether you require these.
- If you are worried at any stage, do not hesitate to contact the hospital
- During the recovery period, bleeding can occur at any time up to 2 weeks.

## Pain Management

It is important to take analgesia as prescribed/advised by the doctor/nurse for 10 days after your surgery, as pain can increase around day 5 to day 7 after surgery.



## What will I do if bleeding occurs?

- Remain calm
- Contact the Emergency Department  
**(Phone 01-7088535)**
- You may be advised to return to the hospital or to attend your nearest Accident and Emergency Department.

We hope that this information is helpful to you. If anything is unclear, or you have any other questions you would like to ask, then please do ask the nurse/doctor before the procedure.

## Royal Victoria Eye and Ear Hospital Emergency Department 01 7088535

### Revision History

Ref No.	Version No.	Date Approved	Change	Section No.	Approved by
-	1	2001	New Information Leaflet	-	
PIL 015	2	March 2014	Revised Information Leaflet	all	Hospital Management Group