

#### Contact us information

**Central Coast**  
T 02 4324 5677  
F 02 4324 5408

**Mid North Coast**  
T 02 6551 0722  
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#### Consulting

**ENT Gosford**  
29 Hills St,  
Gosford NSW 2250

**Coast Sleep**  
18-20 Wiowera Road,  
Kanwal, NSW 2259

**Mayo Specialist Centre**  
**Mayo Private Hospital**  
2 Potoroo Drive,  
Taree NSW 2430

#### Operating

**Gosford Private Hospital**  
Burrabil Ave, Gosford North NSW 2250

**Tuggerah Lakes Private Hospital**  
645 Pacific Highway Kanwal NSW 2259

## POST OPERATIVE INSTRUCTIONS

### Adult Tonsillectomy

#### Return to normal activities

It takes 7-10 days for most patients to fully recover. You will need 2 weeks off work or study.

General light activities can be resumed when you feel up to it. Please avoid active sports, straining & heavy lifting for 2 weeks.

#### Pain relief

It is expected that you will experience some throat pain and discomfort for up to a week following surgery. Ear pain, jaw pain and neck pain may also occur. During this time, it is recommended you take some regular pain relief.

Please use:

- Panadol 500mg tablets, 2 tablets four times a day. Continue for 7 days
- Oxycodone (Endone) will be prescribed for some breakthrough pain relief. Take between 5mg to 15mg, every 4 hours if required.
- Celecoxib (anti inflammatory) to be taken twice a day, for 7 days.
- Difflam spray or gargle, 3 to 4 times a day (purchase over counter at chemist)

Do not use Nurofen (ibuprofen) or Aspirin, as this can increase the risk of post-operative bleeding.

#### Antibiotics

Antibiotics may be prescribed for some patients. Take these as instructed.

#### Diet

It is very important to maintain adequate hydration following your operation. Make sure you drink adequate water (more than 2L per day).

There are no restrictions on diet. Spicy foods and acidic fruits & drinks may cause some discomfort, so are best avoided.

#### Fever

It is common to have a milder fever for the first 24hrs after the operation. Please call Dr. Gunawardena's rooms if there is a persistent fever greater than 38.5°C.

#### Bad Breath

This is expected following removal of tonsils and even more so if the adenoids are removed. The bad breath usually settles after 3weeks.

#### Bleeding

If there is any sign of bleeding (spitting or coughing up fresh blood), please present to the nearest Emergency department for assessment.

#### Follow Up appointment

A follow up appointment is usually booked 2 weeks after surgery. Contact Dr Gunawardena's rooms if there are any concerns.