

Contact us information

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Mid North Coast
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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

Paediatric Tonsillectomy

Pain Relief

Pain is expected to last up to 10-14 days following surgery. The pain may get worse at about day 5 to 7 postoperatively. Therefore maintaining

- Regular Panadol every 6 hours is recommended for 10-14 days. If the pain is not managed with Panadol, Dr Gunawardena will prescribe a stronger medication to help control the pain as breakthrough pain relief.
- Oxycodone (Endone) will be prescribed for some breakthrough pain relief up to every 4 hours if required.
- Celecoxib (anti inflammatory) given morning and night for 7 days.
- Difflam spray or gargle 3 or 4 times a day (purchase over counter at chemist).
- Please do not give your child any non steroidal medication such as Nurofen or Ibuprofen without consulting Dr Gunawardena.

Ear pain and jaw pain may also occur.

Antibiotics

Antibiotics will be prescribed. Please take this as instructed.

Diet

During this time, it is recommended that you encourage your child to stay hydrated with regular sips of water/ ice blocks/jelly or ice cream. If your child is tolerating swallowing their normal meals, there are no restrictions. Spicy foods, acidic fruits and drinks may cause some discomfort, so best avoided if struggling, try again 30-45 minutes after pain relief.

Fever

It is common to have a mild fever in the first 24 to 48 hours after the operation.

Bad breath

This is expected following removal of tonsils or adenoids. The bad breath usually settles after 3 weeks.

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

A nurse from Dr. Gunawardena's rooms will contact you in the week following your operation to discuss any concerns you may have with your child.