



Dr Michael Farrell
Head & Neck - Ear, Nose & Throat

M.B., B.S., M.S., F.R.A.C.S.

Head and Neck Surgeon | Ear, Nose & Throat Surgery | Transoral Robotic Surgery

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All correspondence to Kogarah

Tonsillectomy

Postoperative instructions (adult) – St George Private Hospital

Please read the following patient care instructions upon your discharge from hospital.

1. It is important you continue to swallow. This will decrease the chance of infection and reduce the likelihood of bleeding.
2. Regular Panadol/Dymadon elixir every four hours for the first one to two days (at least) will be necessary to keep throat discomfort under control.
3. Soft, cool foods such as ice-cream, jelly and yoghurt will be more easily swallowed. Swallowing fluids regularly is essential. Hot and acidic foods such as tomatoes, citrus fruits or juices should be avoided.
4. You will not feel 100% well for the first seven to ten days. It takes this long for the tonsillar bed to heal. **Throat pain and ear pain are normal** and are to be expected.
5. It is normal for the throat to have a white membrane during the healing period.
6. You should, whenever possible, avoid the company of other people for a period of two weeks. This will decrease the chance of throat infections.
7. If you have any bleeding, Dr Farrell can be contacted after hours and on weekends through the switchboard of the St George Hospital on 9113 1111. If Dr Farrell cannot be contacted, you should present to the Casualty Department of the St George Hospital for assessment by the ENT Registrar.
8. Postoperative appointments to see Dr Farrell are usually made for two weeks following the surgery. It is important you attend this appointment for review.

Your postoperative appointment with Dr Farrell is booked for: _____