

Problems Requiring Medical Attention

1. **Bleeding**

A clot is formed after the tonsil is removed. If this clot comes off and opens a blood vessel within 24 hours after surgery you may have a large amount of bleeding. **If this happens, you must return to the hospital Emergency Room.**

2. **Secondary Bleeding**

The scab separates 5-10 days after surgery and you may notice an increase in bloody discharge. If the bleeding continues call the office or after hours clinic or go to your nearest hospital Emergency.

3. **Infection**

Infection is rare. Symptoms include:

- Increase in pain in the tonsil area
- Temperature of 38.5° C or higher

The doctor should be notified.

Follow up appointment

Call the office as soon as possible to make an appointment to see your surgeon _____ weeks after the surgery.

- Dr. Noah Massa
2 – 3705 27th Street
Vernon, BC
Tel: 545-5433
- Dr. Jacek Szudek
202 – 5100 Anderson Way
Vernon, BC
Tel: 778-475-7730

Discharge Information Following Tonsillectomy/ Adenoidectomy

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

If you have any questions or concerns, please feel free to discuss them with the Doctor or a Nurse.

- You must be accompanied home by a responsible adult. You may not drive.
- An adult must stay with you after surgery and overnight if you have had a general anesthetic.
- Do not drink alcohol for 24 hours following surgery as its effects will add to those of the anesthetic. Do not drink alcohol while taking narcotics for pain control.
- Follow the instructions give to you by your Surgeon. Take medication as ordered for discomfort.
- It is important for you to read and understand this information in order to assist with comfort, healing and safety after your surgery.
- If you have any questions or concerns, discuss them with your nurse or the surgeon.
- Transportation to and from the hospital must be pre-arranged. You will not be allowed to drive or go home alone in a taxi.
- Out of town patients are required to remain in the Vernon area for 24 hours following surgery. You must have someone stay with you.

What to expect following surgery.

A scab forms to protect the raw surface where the tonsils were removed. The area appears a dirty grey or white colour.

Bad breath or a bad odour is normal for up to two weeks. You may brush your teeth. Do not gargle. The scab may come off too early and cause bleeding.

About 5-10 days after your tonsillectomy (when the scab begins to separate) you may notice an increase in bloody discharge and ear pain. This is part of normal healing.

Activity

You should be up and around and may return to work or school one week after surgery.

Avoid

- Strenuous activity and all sports for at least two weeks

Nutrition

Drink plenty of fluids (tea, coffee and soup are allowed, if cooled to lukewarm temperature).

Gradually add more solid foods as tolerated. You will find foods such as jello, ice cream and pudding easy to swallow.

Avoid

- Hot beverages
- Acid juiced such as orange, grapefruit and tomato
- Spicy foods – they may irritate
- Food that may scratch your throat such as raw salads, nuts and chips
- Hot temperature food

Discomfort

Your throat will be sore for at least two weeks.

Over the first 48-72 hours take pain medication regularly every 4-6 hours including a dose in the middle of the night to avoid waking up with a terrible sore throat.

Take all antibiotics as prescribed.

Healthlink BC

Dial 8-1-1

Hearing Impaired Dial 7-1-1

Talk to a Nurse 24 hours/day, 7 days/week

Pharmacist available between 5 p.m.–9 a.m. daily

Dietitian between 9 a.m.–5 p.m.–Monday to Friday

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