

# Dr Rahuram (Ram) Sivasubramaniam

*BSc (med) MBBS (hons) MS (ORL) FRACS (ORL-HNS)*

**Specialist Adult and Paediatric ENT surgeon**

**Fellowship trained Rhinology and Anterior skull base surgeon**

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## **POST OPERATIVE CARE: TONSILLECTOMY +/- ADENOIDECTOMY**

It is important that you look after yourself following the surgery to help with good recovery. Following surgery, you may be observed in the hospital overnight and will be discharged home the next day or discharged home after observation in recovery. The recovery from adenotonsillectomy takes usually two weeks and sometimes a few days more. Key things to do during this recovery phase are:

### **1. Rest**

Make sure you have lots of rest in the first two weeks and avoid any significant physical exertion such as sports or gym exercise. This helps with recovery and minimises complication rates

### **2. Regular diet and hydration**

You should have a regular diet as tolerated (including rough diets such as bread etc..) Keep well hydrated with frequent drinking of water (2-3 litres of water in adults). This helps with the healing of the tonsillar site and reducing pain by washing away the slough in the operative site.

### **3. Pain relief**

The pain following this surgery often oscillates up and down for 10 days. The pain is usually worse at day 5-7 and can often be associated with an ear ache. Make sure you take regular pain relievers as given to you following the surgery. Good hydration helps greatly with the pain relief as well.

### **4. Bleeding**

There is a risk of bleeding from the site of surgery for up to 14-15 days following the surgery. It is perfectly normal to see a bit of blood in the saliva on a regular basis, however if you are bringing up large clots of blood or fresh blood from your mouth that is more than a few teaspoons, YOU SHOULD ATTEND YOUR NEAREST HOSPITAL, and alert me or the rooms about it. The risk of this bleeding varies from 3-8% according to the age of the patient. There is a very low chance that you might have to go back to the operating theatre to fix up the bleeding

### **5. Infection**

It is normal to have a whitish slough in both tonsillar sites during the healing phase. This is not a sign of infection and therefore you don't need any particular antibiotics to treat this.

### **6. Snoring**

If your operation is done for Sleep Apnoea and snoring, it is not unusual for the snoring to continue for the first two weeks (occasionally worse) due to the swelling created by the surgery.

You will be followed up by Dr Sivasubramaniam in the rooms in 14-21 days. If there are any major concerns, please call the rooms for further advise.

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**Central Sydney ENT**  
Suite 1/16-22  
Burwood Rd  
Burwood, NSW 2134  
Tel: 02 9747 3199

**Macarthur ENT**  
Suite 102, Bld B, Lvl 1  
4 Hyde Parade  
Campbelltown, NSW 2560  
Tel: 02 46251682

