

INFORMATION REGARDING TONSIL SURGERY

It has been scheduled that you or your child are having surgery to remove the tonsils. This surgery is performed with the patient in full narcosis, meaning that you will be asleep and take no notice of the surgery conducted on you.

This type of surgery used to involve the patient being admitted at the hospital for several days. However, the surgery now allows for the patient to be discharged from hospital on the day of the surgery. After the procedure, the patient is taken to recovery, and when the overall condition allows for it, the patient is discharged from hospital care and free to go home. Should there be any doubt of the patient's condition after the procedure, the patient will be admitted for observation.

It is normal for the child to feel uneasy and distressed while waking up from surgery. Should this be the case, feelings of distress usually do not last long, and we are always present to make sure that the patient is of good condition and doing well. The patient will be examined by a doctor before leaving the clinic. This examination involves controlling the wounds in the throat, in addition to giving the patient necessary information before he / she is free to go home.

Both adults and children are to be supervised by an adult the first 24 hours after the procedure, and the parents/ guardians are sleeping in the same room as their child.

When a child is scheduled to having its tonsils removed, the surgery in most cases also include removing the polyp during the same state of narcosis, but only in cases where the polyp is enlarged. Has it not been done previous to the surgery, the doctor of Otorhinolaryngology will examine the state of the polyp during the procedure, and should it be necessary to remove the polyp, the parents / guardians will be informed of this after the surgery.

After tonsil surgery, various complications may occur:

INFECTION

- It is not uncommon for a slight increase in body temperature in the first few days after surgery. However, this is not always a sign of infection. Symptoms of infection are a body temperature over 38.5 degrees, optionally in combination with
 - very bad breath
 - increase of pain
 - reduced general condition

- Should any of these symptoms occur, please contact me, and I will consider antibiotic treatment. However, bear in mind that most patients suffer from bad breath in the following days after the operation!
- Remember that all patients suffer from yellow coating in the throat after surgery, this will increase in the following week, then to gradually decrease. This is NOT a sign of infection.

BLEEDING

- severe bleeding is a very rare complication after having tonsil surgery, and some blood in your spit is normal for about ten days after the procedure. Blood seepage from the throat may also occur, normally one week after surgery, as both coatings in the throat loosens, resulting in the patient spitting fresh blood. Normally, the patient can stop these minor bleedings by SUCKING ON AN ICECUBE, SIT DOWN AND TRY TO RELAX.

NOTICE: Always contact Dr.Holden by phone in case of bleeding, allowing for dialogue, but also to provide necessary aid and further measures.

PAINKILLERS BEFORE SURGERY

- one is to take painkillers 1 hour before the procedure, allowing for the alleviating effects to function before the patient wakes up from narcosis. Take analgesics in the following way:

Adults

- 1 tablet of Voltaren 50 mg, together with 1 tablet of Paracet 1500 mg.

Children older than the age of 6

- 1 tablet of Voltaren 25 mg, together with 1 tablet of Paracet 500 mg.

Children under the age of 6

- Nurofen mixture according to the child's weight, together with Paracet mixture or orodispersible tablet according to weight.

PAINKILLERS AFTER SURGERY

- During surgery, the doctor will insert local anesthetic in the patient's throat. This may cause a numbing sensation in the patient's throat and difficulty to swallow in the first few hours after the procedure.
- Regular use of painkillers is normal for the first ten days after surgery, then the patient is to wind down the usage. However, the most important thing is to pay attention to the patient's general condition, and make sure that the patient consumes a sufficient amount of food and beverages.
- An **INCREASE IN PAIN** is perfectly normal the **FOLLOWING WEEK** after surgery, as the wounds now are starting to heal. This pain might also radiate to the patient's ears.
- Painkillers are to be taken in the following way:

Adults:

- Voltaren 50 mg. (tablet or suppository) 3 times per 24 hours
- Paracet 1 gr (tablet, mixture or suppository) 4 times per 24 hours
- Combine the use of Voltaren and Paracet 3 times per day, and then Paracet a fourth time.

Paralgin Forte

- You will have a prescription for Paralgin Forte. These are not to be taken daily, they can in some cases cause obstipation and nausea. In occasions of heightened pain you can replace the use of Paracet with Paralgin Forte.
- Remember that 1 Paralgin Major suppository is equivalent to 2 Paralgin Forte tablets. The maximum dosage of these are:

Paralgin Forte tablets: 2 tablets 4 times per day(maximum dose)

Paralgin Major suppository: 1 suppository 4 times per day(maximum dose)

Children:

Children under the age of 6:

- Nurofen (mixture according to weight or suppository 125 mg.) together with Paracet according to body weight. (mixture, orodispersible tablet or suppository). Voltaren and Paracet are to be used in combination, 3 times per day.

NUTRITION

COOL AND COLD food and beverages for the first ten days, and all food should be soft and easy to swallow. Gradually increase the intake of more normal food after these ten days.

BEVERAGES

The most important thing is to drink enough; this is especially important for children. Choose beverages that contain nutrition, not just water. Drink beverages such as smoothies, energy drinks, lemonade etc.

Contact me if you suspect that the patient does not drink a sufficient amount of beverages. If a child does not go to the toilet several times during the day, this might be a sign that the child does not drink enough.

ACTIVITY

- The patient must rest and abstain from physical activity for two weeks after the surgery. The patient can however go for shorter walks and enjoy fresh air if he / she feels well enough to do so.
- Adult patients have the right for sick leave for two weeks after the surgery.
- Children should stay home from kindergarten or school for two weeks after the surgery. If the child is of good health, he or she can go to school on the second week after the procedure, but not take part in strenuous physical activity until two weeks after the surgery.
- We will provide you with a medical certificate to deliver at school.

SMOKING / SNUFF / ALCOHOL

- One should not smoke or use snuff for two weeks after the surgery, as this increases the risk of developing infections and bleeding. One should also avoid alcohol.

ASTHMA

- Patients with asthma are to take their morning dose of medicine on the morning of the operation. They should also bring their asthma medication with them to the hospital in case the need for medicine should occur.

ADULT COMPANION

- Remember that also ADULTS must arrive at the hospital together with an adult companion to drive him or her home after the surgery. Make sure that an adult also sleeps in the same house as yourself during the first night after surgery. However, you do not have to sleep in the same room.
- We recommend that children arrive at the hospital together with two adults, as they often need more supervision after the surgery, in addition to the drive home from hospital being more practical with two adults in the car.

IN CASE OF COMPLICATIONS, OR IF HAVE ANY QUESTIONS YOU WOULD LIKE TO HAVE ANSWERED, PLEASE CONTACT ME AT THE FOLLOWING PLACES:

MONDAYS: HAUKELAND SYKEHUS / ØRE- NESE- HALS POLIKLINIKK (08-15:30)

- call 55975000 (the telephone desk at Haukeland Sykehus),
- inform them that you are my patient and that we have agreed that you may contact me if needed.
- ask them to transfer you to my calling (9-2667), and NOT to the phone in my office.

TUESDAY- FRIDAY: STRAUME SPESIALISTSENTER (08:30- 15:00)

- 56313766 (office øre-nese- hals)
- IMPORTANT! On Fridays we only answer the phone until 13:00.

OUTSIDE OFFICE HOURS: 920 22 313 (Dr. Holdens mobile phone number)

IN CASE OF ACUTE MEDICAL EMERGENCY, AND IN THE UNLIKELY EVENT THAT YOU SHOULD NOT GET IN TOUCH WITH ME, **CALL 113!**

YOU ARE MORE THAN WELCOME TO CONTACT US WITH YOUR QUESTIONS, BUT PLEASE READ THIS INFORMATION CAREFULLY, AS IT WILL ANSWER MOST OF THE QUESTIONS OUR PATIENS OFTEN HAVE.

KIND REGARDS,

THE TEAM AT ØRE- NESE- HALS

SPESIALISTSENTERET PÅ STRAUME