

Removal of Tonsils

Welcome:

Welcome to our ear, nose, and throat clinic in Rømersgade.

This guideline contains information regarding the procedure and precautions before and after the operation.

Before the operation:

You need to be fasting before the operation, which means you cannot have anything to eat 6 hours before your time of arrival. You are allowed to drink water up till 2 hours before your arrival.

Please prepare yourself for the operation by showering and washing your hair. Do not wear jewellery, contact lenses, piercings, make-up, lotion or nail polish.

The operation:

The operation takes about 1 hour. Afterwards you will stay in our clinic til you are ready to go home. You should at least expect a total of 4 hours.

After the operation:

After the operation there are no restrictions regarding food. However most prefer soft foods as yogurt, white bread without crust, mashed potatoes, pasta or soup. We recommend icecream seeing that it eases pain and prevents bleeding.

Complications:

The risk of complications is small, but you need to contact us, your private practitioner or the emergency in case of:

- Bleeding
- Fever
- Increasing pain

2-4% experience bleeding after the operation. The risk of bleeding is within the first 10 days after the operation. In case of small bleeding you can sit up and suck on some ice cubes.

If it continues to bleed call 112

Pain:

When you have had your tonsils removed you can experience throat pain up to 10 days after the operation. The pain also occur in one or both ears.

We recommend that you buy pain relievers at the pharmacy, previous to the operation.

Paracetamol (Pamol, Panodil, Pinex) 500mg, 2 tablets max. 4 times every 24 hours.

Ibuprofen (Ipren) 200mg, 2 tablets max. 3 times every 24 hours.

Take pain relievers as long as you feel pain.

Precautions:

- There must be an adult present for observation the 1st. 24 hours after the operation.
- You yourself cannot drive home from the operation.
- Avoid physical exercise for at least 1 week, this includes cleaning, sports, sexual contact and heavy lifting..
- You might need sick leave for 1-2 weeks.
- You might experience uncomfortable odor, because of sores. To prevent this drink lots of fluids and eat chewing gum.
- You will get sores where your tonsils use to be, these will fall of after aprox. a week.

Note that you have to plan your own transportation home after the operation.