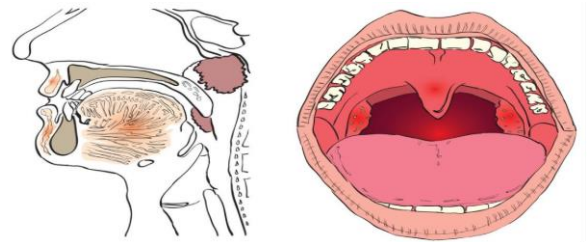


Information about the removal of palatine tonsils (tonsillectomy/tonsillotomy)

The palatine tonsils (*faucial tonsils*) are surgically removed when indications for surgery are met. There are several indications for this; recurrent infections, tonsil hyperplasia, sleep disordered breathing or eating difficulties.

Before surgery

The patient must attend on an empty stomach, which means that the patient must not eat food, drink, chew gum, candy and the like, the last 6 hours before attendance. The patient may drink a small glass of water until 2 hours before attendance. Administer your regular medication as prescribed, with half a glass of water. **Do not take blood thinners**. Please read the notice letter. Administer your regular inhalation treatment for asthma as prescribed.



After surgery

The first hours after surgery, it is common to have blood-streaked saliva and vomit "old" blood. Later, fresh blood should not appear in the mouth. Fibrin scabs will form over the open wounds at the sites where the tonsils were removed. These grey-white scabs have a foul smell and taste. They disappear after 5-7 days in smaller children, and 8-10 days in adults. The patient will have a sore throat for one to two weeks. It is also common with ear pain. This occurs because the nerves that control sensations in the throat are connected to the nerves in the ears. It is not uncommon with a slight fever the first 1-2 days after surgery.

Analgesics will be prescribed before discharge.

After discharge

Soft food is advised during the first postoperative days (*for instance popsicles, yogurt, soup, later white bread without crusts, porridge, mashed banana, sausages and such*) Make sure the food is not too hot. Avoid food with sharp crusts (*crispbread, corn flakes, raw fruit, vegetables and such*), acidic liquid (*juice, soft drinks*) and spicy foods.

Adults will be granted a sick leave for 1-2 weeks. Children should stay home from kindergarten/school during the first week and should not participate in physical activity for two weeks. Guardians who stay at home with recently operated children must use childcare leave/care leave or apply for care allowance.

Do not use medication containing acetylsalicylic acid (*Dispril, Albyl-E, Novid et cetera*)

Complications that can occur after surgery

- Bleeding (*fresh blood from the mouth*)
- Infection (*fever and malaise*)

Please contact us if complications arise, or if you have any questions.