Tonsillectomy

Tonsillectomy is performed to treat recurrent infections of the throat (“angina”) or disruptive snoring caused by overgrowth of the tonsils.

Procedure
The operation is usually performed under general anaesthesia and lasts approximately 30 minutes. The tonsils are removed in the surgery, and the wounds are left uncovered to heal by themselves.

Recovery
After the operation, the patient experiences severe pain for 7–10 days in the throat. The pain may radiate to ears, and mild fever can rise during the first days. It is recommendable to eat cool, soft foods during the first days of recovery. After the surgery, pale scabs (coating) form on the place where the tonsils were. The scabs will fall off after approximately one week. The falling of the scabs may cause temporary, light bleeding, but the bleeding can also be heavy and require treatment. The bleeding can be reduced by placing an ice bag on the throat or by sucking ice cubes. The operation can cause bad breath that lasts for about two weeks.

Sauna and physical effort should be avoided for two weeks due to a risk of bleeding. Consuming alcohol and smoking delay the healing process. It is recommended to rest for the day of the surgery, and an operated child requires adult supervision for a week.

Treatment of pain
The patient can take painkillers regularly for 7–10 days according to the hospital’s instructions to relieve the pain and to make eating easier. It is important to drink plenty of liquids. The page treatment of pain contains more information on pain relief.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Follow-up visit is not usually required.

Sick leave
The sick leave is approximately two weeks. A child can go to school or day care after a week. The parents of children below the age of 7 are entitled to a compensation from KELA for the day of the surgery. If the patient experiences continuous or heavy bleeding or other problems in the healing process, contact the hospital.

Contacts
Ear, Nose, and Throat Outpatient Clinic from 07.00 – 15.00 tel. (06) 213 1372
Day Surgery Unit A2 on working days from 07.00 – 17.00 tel. (06) 213 1552
Emergency Department at other times tel. (06) 213 1310

● This instruction is intended for our patients who are in a care relationship ●