

## Tonsillectomy

These instructions are intended for printing. The instructions contain sections to be filled in.

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 seven 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 08.00–10.00, telephone 06 213 1372

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • [www.vaasankeskussairaala.fi/en](http://www.vaasankeskussairaala.fi/en) • Telephone 06 213 1111

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