



# TONSILLECTOMY POST OPERATIVE INFORMATION

## PANADOL

4 times in 24 hours  
for 5 to 8 days

## NUROFEN

3 times in 24 hours  
for 5 to 8 days

## OPIATES OXYCODONE

4-6 hourly as  
needed

## OTHER MEASURES

Distraction, "icey  
poles" and "slurpies"  
are very soothing



- Don't take oxycodone and other strong pain relief ie codone (painstop) or tramadol
- Ensure patient has taken panadol and nurofen before considering oxycodone
- Opiates have side effects of drowsiness and nausea and vomiting: ensure you actively observe your child after taking oxycodone especially if they are asleep (oxycodone slows the breathing if too much given or the patient is sensitive - if this occurs call an ambulance). I advise to avoid giving at night time if possible. This is not always possible.
- Bleeding from the mouth is not normal (coughing, spitting or vomiting blood). If there is more than a tablespoon of blood from the mouth, urgently take your child to the emergency department.

*Pain and suffering varies significantly between children. It is normal to have a sore throat, offensive breath, nasal discharge, and referred pain to the ears. Often the ear pain is the most bothersome symptom*

### REGULAR PAIN RELIEF IS REQUIRED

Alternate panadol and nurofen to ensure at least one of the medications is working at all times. In addition to panadol and nurofen, opiate pain relief (oxycodone) can be administered at the same time. Ice-poles and distraction have a significant benefit.

### PARTIAL TONSILLECTOMY

Patients will require regular panadol for atleast 5 days. Nurofen can be used in addition to panadol on an as needed basis.

### TOTAL TONSILLECTOMY

Patients will require regular panadol for atleast 7 days. Nurofen is likely to be needed regularly as well for 7 days. On days 5-8, the pain will escalate and Oxycodone may be required on an as needed basis.

NAME: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

	DOSE	# OF DOSES IN 24 HRS	MINIMUM TIME BETWEEN DOSES	DURATION
PANADOL		4	4 HOURS	7-10DAYS
NUROFEN		3	6 HOURS	7 DAYS (WEAN NUROFEN PRIOR TO WEANING PANADOL)
OXYCODONE		4	4 HOURS	AS NEEDED - DON'T USE REGULARLY AS SIDE EFFECTS; CALL SURGEON IF NEEDED MORE THAN 4 TIMES A DAY