

Following Throat or Oral Surgery, Discharge Information

Going home after your surgery

You will be able to go home once you have made a full recovery from your anaesthetic.

You may feel drowsy because a small amount of the anaesthetic may still remain in your body; this can slow your reaction time/coordination and affect your reasoning/judgement for the next 24 hours. You should not consume alcohol, make any important decisions, sign any documents (including legal), drive a car, cycle, ride a motorbike or operate heavy machinery for at least 24 hours after your operation.

Some side effects following anaesthesia may include sore/dry throat – this usually resolves within a few days, slight cough, nausea and vomiting, dizziness/feeling faint, headache, shivering, muscle aches/weakness and itchiness/rash.

These are usually temporary and not a problem. Others like nausea; vomiting or mild discomfort can be helped with other medications. Please let your nurse or doctor know if you have nausea and vomiting after your surgery.

Should you have any bright red heavy uncontrollable bleeding, please go immediately to the nearest Accident and Emergency Department/Centre or call an ambulance on 111

Earache

Earache is common following tonsillectomy.

Pain Relief

Regular pain relief needs to be taken as prescribed.

You have been given.....at.....am/pm

Do not take any more until.....am/pm

Do not take any aspirin, disprin (blood thinning tablets) or anti-inflammatory tablets (voltaren, ibuprofen, and paracoxib/tenoxicam) unless it is prescribed / advised.

Medications

It takes about a week to get most of your strength and energy back. It is normal to feel tired or have slight pain and discomfort. Unless advised otherwise please continue with your medications as prescribed. If you are prescribed antibiotics, please complete the course.

Mouth washes

Regular mouthwashes and teeth cleaning after eating are recommended following oral and throat surgery.

Activity

Do not engage in strenuous or vigorous sport/activities for approximately 2-3 weeks.

Work / School

It is necessary to take 1 to 2 weeks off work/school for some types of throat surgery. This will vary according to the individual and surgery/illness. A work certificate can be provided for you prior to discharge from hospital.

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Diet and fluids

Following a tonsillectomy it is very important to drink plenty of fluids and eat a normal diet. Hot fluids and juices may irritate the back of your throat initially.

Please follow the recommended dietary and fluid advice as directed by your ENT doctor, nurse and/or the hospital dietician.

Follow-up

An ENT Outpatient follow-up appointment maybe required in certain circumstances. You will be informed when you are discharged whether a follow-up appointment is required.

If you are concerned about any aspect of your procedure please contact your own GP.

Additional comments

Contact us

Wellington Hospital Main Outpatient
Department, ENT Services

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding
public holidays)

