

# Tonsillectomy

## Post-operative Information



The Department of Ear, Nose & Throat (ENT) - Head & Neck Surgery provides a wide range of surgical services for adult patients with ENT, head and neck diseases. Patients are referred from polyclinics, general practitioners, emergency services or transferred from other departments within the Ng Teng Fong General Hospital or other healthcare facilities, including nursing homes, community and other hospitals. Our team of highly-trained ENT-Head & Neck surgeons and allied healthcare professionals aim to provide the best possible care to our patients.

## What to expect after surgery

- It is normal to feel tired in the first week after surgery. Most patients plan to take two weeks to recover. Every patient is different and some can return to work or school sooner.
- Your throat will feel sore for two weeks, with the first five to seven days being the most sore.
- It is normal to experience earache. This is not an ear infection, but pain from the throat. It will go away as your throat heals.
- It is common to have an objectional mouth odour, but this can be relieved with drinking plenty of water/fluids.
- A white or gray membrane at the sides of the throat is normal and will go away after two weeks.
- It is not unusual to have a slight fever (lower than 38°C) in the first two days after surgery.
- Occasionally, neck stiffness may occur in children after an adenoidectomy operation.

## Diet

Start with liquids immediately after surgery and then progress to soft food. Drink several glasses of lukewarm water every day and avoid drinking orange/grapfruit/tomato juice for one week after your operation as they will make the throat burn.

- **First and second day:**

Take cold yoghurt, ice cream, milk, porridge and mashed potatoes.

- **Third to seventh day:**

Gradually resume a normal diet but avoid food that is hot, deep-fried, spicy or highly-seasoned, potato chips, nuts, dry toast, popcorn and crackers until two weeks after surgery.



## Medication

Do not use aspirin for two weeks as it increases the possibility of bleeding. Please note that some painkillers can cause drowsiness. Patients who take these painkillers should not operate machinery, drive or make important decisions.

## Activity

Stay at home for the first three days after surgery. Avoid lifting, straining, coughing or the excessive clearing of throat for the first 10 days.



# Post-operative care

Your first follow-up appointment is usually two weeks after surgery. Your throat will be examined to make sure that it has healed well.

## **Please go to the Emergency Department if you experience:**

- **Bleeding**

The danger of serious bleeding is over after you leave the hospital. In about 5% of patients, there is some throat bleeding after five to 10 days. If this happens, please remain calm. Such bleeding is usually slight and will stop spontaneously. Remain quiet and spit the blood out gently. Gargle your mouth gently with ice water and stay quiet. If bleeding continues, please go to an Emergency Department immediately.

- **Fever**

Fever can be caused by an infection or dehydration (lack of water). A patient with a persistent fever higher than 38°C, does not respond to paracetamol (panadol) or refuses to eat or drink, needs to be seen by a doctor.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

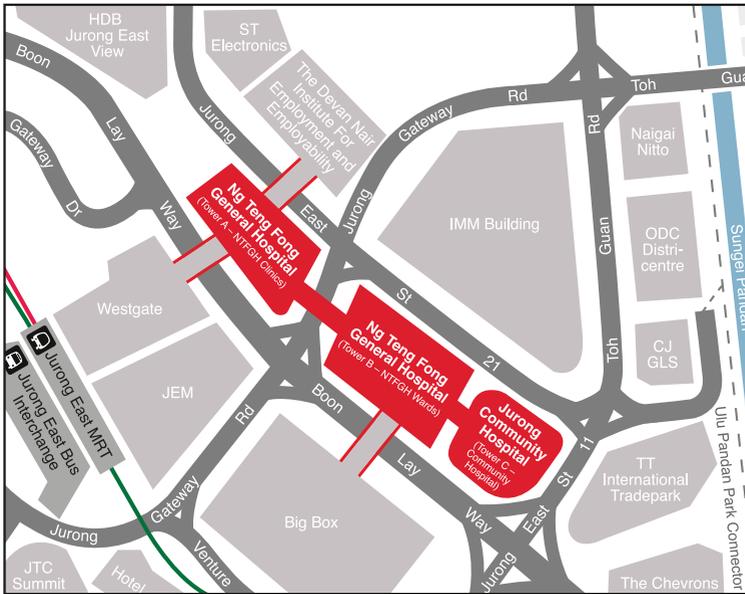
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.