

### Personal hygiene

Teeth can be brushed using a mild toothpaste from the 2nd day after surgery; do not injure the wound area with the toothbrush.

Showering and hair washing is permitted, although only with lukewarm water; do not bend your head forwards. Full baths should only be taken after two weeks.

Avoid direct sunlight and sauna visits during the first two to three weeks.

### Any secondary bleeding should be considered as an emergency!

Secondary bleeding may occur until the wound has completely healed (generally two to three weeks).

In principle, secondary bleeding can be fatal; there is a risk of bleeding to death or inhaling blood which can pose a risk of suffocation! Therefore, if you/your child experiences even slight bleeding (including blood in the saliva) you should visit the emergency team (emergency number 144) at your nearest ENT department without delay.

### Important during transportation:

- Cold compresses/ice pack around the neck
- Lateral position with the mouth downwards so that any blood can be spat out
- Do not swallow the blood; spit it out instead!
- Do not give the patient anything to eat or drink and do not give any medication!

**In the case of fever, repeated vomiting or severe pain, you should visit a medical specialist without delay.**

**We hope to have answered all your potential questions with this information and wish you/your child a speedy recovery.**

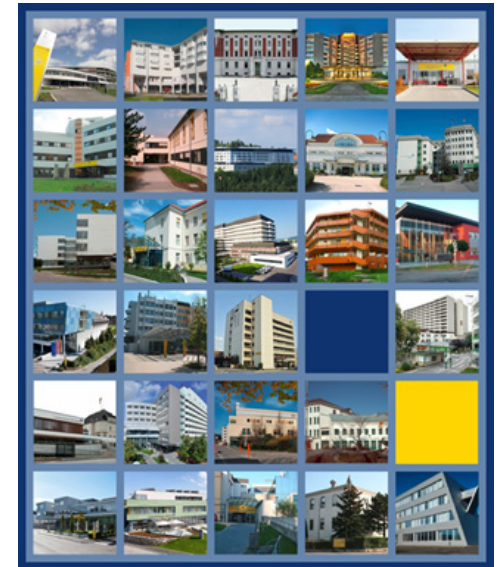
Your ENT team

#### Publication details:

Media owner: NÖ Landesgesundheitsagentur  
Version 05/2015  
Mandel OP

## Ear, nose and throat department

### Discharge information



### Behaviour after a tonsillectomy

**Dear Patient,**

You/your child has undergone a palatal and/or pharyngeal tonsillectomy (childhood polyps). Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

- Physical rest, no heavy lifting 2-3 weeks
- Avoid sport, physical education classes and physical work 2-3 weeks
- Avoid sunbathing and sauna visits 2-3 weeks
- Sick leave after a palatal tonsillectomy: 2-3 weeks
- For children: no pre-school or school 2 weeks
- Check-up with your consultant after 1 week

Children should not be left alone for at least 14 days after surgery and should be constantly monitored; they should sleep close to their parents/guardians at night.

**Post-operative pain**

Pain in the neck area and pain radiating into the ears may be of varying intensity and last for up to two weeks after surgery. Fatigue, exhaustion and loss of appetite are also normal after a tonsillectomy.

It is advisable to take the pain medication recommended by us half an hour before food, so that you can have a pain-free meal. Keep to the dosage which has been specifically tailored to you and do not take any pain medication other than that prescribed by us (increased risk of bleeding possible due to taking other pain medications!).

**Food and drink**

Avoid the following after discharge:

- food and drink which is too hot, acidic and spicy,
- hard bread crusts, crisps, savoury biscuits,
- raw fruit, fruit juices, carbonated drinks,
- alcohol and tobacco.

In the early days, cooked/mushy dishes like noodles, mashed potatoes, strained vegetables, or similar, are recommended. After approx. one week, you will be able to move over to more solid foods such as fresh bread, tender cuts of meat, etc.

Ensure plentiful fluid intake (in particular for children).