



G CHEE
EAR • NOSE • THROAT
SINUS & DIZZINESS CENTRE

TONSILLECTOMY

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You/ Your child has had a tonsillectomy done. This information sheet will help you understand what you might experience in the following few days as you recover from your surgery

1. Pain – Sorethroat is to be expected. However, the pain will be mild for the first 2 days after surgery. It will get more intense from day 3 and peak about day 5 after surgery. In most patients, the pain will resolve one week to 10 days after it starts. Sometimes, the pain will radiate to the ears. This happens in some patients and will resolve when the throat pain resolves.
2. Bleeding – As you have been informed prior to surgery, there is a 4 to 5% risk of bleeding from the tonsillar wound. It usually occurs between day 3 and day 10 after surgery. If the bleeding is brisk and profuse, please contact me at 90033419 immediately.
3. Bad breath – this arises from the dead tissue of the raw wound. It is temporary and will resolve once the wound heals in 2 weeks.
4. Phlegm & Cough – Some patients will experience a productive cough for a few days as the wound heals.
5. Fever – very infrequently, some patients, esp children will have fever for 1 to 2 days. Just take the pain medications as prescribed.

Things You Should Do

1. Take your pain medications, even if the pain is mild.
2. Drink plenty – at least 2L a day for adults.
3. Eat soft foods eg. noodles, soup, ice-cream, porridge etc

Things You Should Not Do

1. Cough too hard. It could set off bleeding

If there are any queries, please email at gchee@gcheeent.com or text me at 90033419.

Prepared by Dr Gerard Chee

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