OMURAMBA day theatre

PATIENT INFORMATION

Tonsillectomy

An operation to remove the tonsils

What is it?

A tonsillectomy is an operation to remove the tonsils, the two small glands at the back of the throat. It is done under general anaesthesia, so you or your child will be asleep throughout, and it usually takes about 30 minutes.

Why is it done?

- Repeated or severe bouts of tonsillitis
- Breathing problems during sleep, such as obstructive sleep apnoea, often caused by large tonsils

Before your procedure

- Follow the fasting instructions you are given.
- Tell us if you or your child has a cold, cough or sore throat in the week before. The operation may need to be postponed.
- Tell your doctor about all medicines.
- Arrange for a responsible adult to take you home and stay with you.

On the day

- You or your child will meet the surgeon and anaesthetist before the operation.
- Afterwards, our nurses monitor recovery. Most patients go home the same day once they are eating, drinking and comfortable.

Afterwards

- A sore throat is normal for up to two weeks and may get worse for a few days before it improves. Earache is also common.
- Take pain relief regularly, as advised.
- Keep eating and drinking. Soft, cool foods can be more comfortable at first, and eating normally helps healing.
- Plan for about two weeks off school or work, and avoid people with coughs and colds while healing.

Get medical help straight away if

There is **any** bleeding from the mouth or nose, or spitting up blood, even a small amount. Bleeding can happen up to two weeks after the operation. Also seek help for a high temperature or if you or your child cannot drink.

Questions about your procedure?

For more information about the specifics of your procedure, please call our reception on **083 323 8990** or email **reception@odt.com.na**.