# Recovery after tonsil surgery

Video transcript

**[00:00:05] A/Prof. Gillian Nixon:**

Usually children stay in hospital for at least a few hours after the surgery. Many stay overnight, the first night, so that they can be monitored by nursing staff and medical staff overnight to make sure everything's going well, and then they go home the next day.

One of the main issues after surgery is around pain relief. It's quite a painful operation, and that pain can go on for even up to two weeks. Certainly the first week, a child can have quite significant pain and require medication to help control that pain and allow them to eat and drink and sleep.

In the short term, some children have more problems after the surgery than others. Some will need to go back to hospital if they're in a lot of pain and that doesn't seem to be under control. A small number of children end up having some bleeding, because it's from the operation site, and so they may have to go to hospital to have that observed, or even another operation to stop that bleeding from happening.

**[00:01:03] Dana:**

It was actually pretty sore, but after a while, the soreness and pain went away eventually. After I came out of surgery, whenever I yawned or swallowed something, it would hurt the back of my throat. Eating jelly isn't that much painful.

**[00:01:32] Lucy:**

It was really in the morning when your throat is dry and you haven't had any water, when it's probably the most painful, but I just drank water, took my painkillers, tried to eat something, and then I'd be pretty okay afterwards.

**[00:01:46] Parisia:**

After you get your tonsils out, you get some really good things to eat like spaghetti Bolognese, ice cream, icy poles.

**[00:01:54] Gregory:**

Milkshakes.

**[00:01:55] Parisia:**

Banana cake.

**[00:01:58] Gregory:**

Chocolate cake. The good thing is, there's no mushrooms, that's awesome.

**[00:02:03] Parisia:**

A lot of broths kind of like soup broths.

**[00:02:06] Gregory:**

You can get anything you want.

**[00:02:08] Rebekah:**

The instructions are to definitely keep them out of any kind of care for that two weeks with them saying that one of the risk was to have a bleed, and that with a child, sometimes they can be swallowing the blood and you're not aware that they're actually having a bleed. Having them in such a low ratio of supervision, that kind of thing, can get missed.

**[00:02:29] Erica:**

Once we were discharged from the hospital, we were given, obviously, our list of medication that we were able to take and when to take them and how much and how often. We were following that pretty much to the T. It was as clockwork as they were saying. His pain management was quite difficult to get under control.

We found he was constantly in pain, he wasn’t able/would refuse to take any fluids other than pain medication. We went to the GP and explained the situation, but he managed to basic turn a bit of a corner probably 24 hours after we saw the GP, and we increased his meds and from there, he was able to then take on more food and more drink and then bounced back pretty quickly, which was a relief.

**[00:03:12] Kerryn:**

Lucy was just laying on the couch looking terrible, but I thought, "they said day five's a bad day." I took a good look at her, and I thought, "she really doesn't look good, she hasn't had anything to eat, she won't even take her painkillers", so I got my phone torch and had a look, and there was like a trickle of blood running down the back of her throat and I thought, "this isn't good." so I said, "we’re off to the hospital."

Just as she got there, she had a fantastic 200ml blood vomit right at the triage desk. We were straight in.

**[00:03:47 Rebekah:**

Even as a parent, sometimes the instructions you're given when you leave the hospital, it's such an emotional and stressful time, it can be difficult to remember. It was a comfort to know that I could phone the nurses on the ward if I had any questions.

**[00:04:07] [END OF AUDIO]**