

Indications for surgery

Before surgery

- If the doctor has scheduled you for surgery, blood tests (complete blood count and coagulation screen) must be done 1-2 weeks before the surgery.
- Stop taking blood thinners (e.g., aspirin) 2-3 weeks before surgery.
- Planned surgery is not performed during an acute illness (fever, cough, runny nose).
- You must not eat or drink for at least six hours before surgery.
- When coming to the hospital, please bring with you any previously prepared documents (agreements, referral letter, information sheets, blood test results).
- Please bring with you indoor footwear (slippers).
- A child may only be accompanied by one parent or guardian.

Surgery

After surgery

- After tonsillectomy, it is normal to have a sore throat. If necessary, painkillers can be used (soluble tablets, syrup or rectal suppositories for children).
- There is a risk of bleeding after surgery. Therefore, do not use aspirin.
- Do not cough, talk, eat or drink immediately after surgery.
- You may experience increased salivation. Do not swallow the saliva, but spit it out.
- You can start eating on the second day. The food should be cooler and softer in texture (porridge, yogurt, etc.).
- Avoid foods and drinks that are too sweet or sour, salads with a lot of vinegar, and foods that require a lot of chewing (bread, rusks, etc.). There is a risk of bleeding!
- Avoid smoking, as it prevents healing.
- The pain is often worse in the morning. On the 3rd or 4th day after surgery, the pain may radiate to the ear(s). It is not dangerous and will resolve on its own.
- It is normal to have white patches in the back of the throat where the tonsils were. These will disappear on their own once the wounds heal.
- Some patients may experience short-term changes in the sense of taste.
- Physical exertion is not recommended for two weeks after surgery, as there is still a risk of bleeding. You should also avoid hot baths, sauna, and sunbathing.
- A slight rise in body temperature during the first week after surgery is normal. However, if the fever persists, you should consult a doctor.
- You should be able to return to work or school two to three weeks after surgery.
- In case of bleeding, go to the emergency department (North Estonia Medical Centre, East Tallinn Central Hospital).

I have read the information sheet and understand the surgery that is planned for me/my child. I have received answers to my questions.

Patient's name		Signature	
Doctor's name		Signature	

Date: / / 20 a.