**Information and instructions for Patients**

Medications

There are 3 medications

**Probiotic / Placebo**

**How many?** Dissolve 2 scoops (1/2 teaspoon) of powder in 20ml of warm water, gargle for 30 seconds then swallow.

**How often?** Four times a day, 4-6 hours apart

**How long for?** Fourteen (14) days

**Paracetamo**l

**How many?** Two tablets (1 gram)

**How often?** Every six (6) hours, Maximum of 8 tablets a day

**How long for?** Ten (10) days

**You can stop taking this if there is no pain**

**Endone**

**How many?** One - two tablet (5mg)

**How often?** Endone is a strong pain killer. Take it only if your pain is not controlled with regular Paracetamol and powdered gargle.

Take 4- 6 hours apart

Maximum dose per 24 hours is four tablets (20mg)

**The Pain Diary**

The *post op day* is the number of days after you have had your tonsillectomy. For example –

|  |  |  |
| --- | --- | --- |
| January 1st | Day of Surgery |  |
| January 2nd | Post-op Day 1 |
| January 3rd | Post-op Day 2 |
| January 4th | Post-op Day 3 |  |

Please complete the diary at the end of each day (just before you go to bed):

Record all pain scores based on pain experienced during dinner. There are 3 types of pain you will need to record:

|  |  |  |
| --- | --- | --- |
| 1 | Rest | The level of pain you experience when resting |
| 2 | Drink | The level of pain you experience when drinking |
| 3 | Eat | The level of pain you experience when eating |

Record the name and dose of any other medications that you are taking

Record how many times you have used the gargle that day

Record how many paracetamol tablets you took that day

Record how many endone tablets you took that day

List any side effects using the following codes

|  |  |
| --- | --- |
| V | Vomiting |
| N | Nausea |
| D | Diarrhoea |
| C | Constipation |
| B | Bleeding |
| D | Drowsy |
| H | Bad breath |

Make a note of any other issues that arise relating to your post tonsillectomy period such as visits to your GP or the ED department for bleeding

Record the day you stopped taking Probiotic/Placebo if it is less than 7 days post-surgery

Record the day you stopped taking Paracetamol if it is less than 10 days post-surgery

Your review with your surgeon will be

Post-op Day 5-7 via phone

Post-op Day 14 in person at Frankston Hospital

Post-op Day 28 in person at Frankston Hospital

**Post Tonsillectomy Diary Date of surgery:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Post Op****Day** | **Pain Score During****Dinner (0-10)** | **No of Endone****taken / day** | **No of paracetamol taken/day**  | **No. of gargles used**  | **Side Effects****(N/V/C/D/B)** | **Other****Medications**  |
| **Rest** | **Drink** | **Eating** |
| Example | 5 | 8 | 8 |  3 | 8 | 3 | N,C | 1 Maxolon |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |
|  10 |  |  |  |  |  |  |  |  |
|  11 |  |  |  |  |  |  |  |  |
|  12 |  |  |  |  |  |  |  |  |
|  13 |  |  |  |  |  |  |  |  |
|  14 |  |  |  |  |  |  |  |  |
| Day & Date when there is no pain on drinking | E.g.: Day 7, 8/1/13 |
| Day & Date when there is no pain on eating |  |
| Day & Date when you are pain free |  |
| Day & Date when you return to school/work |  |



\*Should you have any queries, please call Frankston Hospital 03-9784 7777 and ask get the operator to put you through to Michael Nasserallah, ENT Registrar.