

## Smertebehandling og pasientinformasjon etter tonsilleoperasjoner hos voksne > 16 år

### Pain relief for adults after tonsil surgery

**It is important that you take painkillers regularly as prescribed by your doctor to relieve your pain and avoid pain peaks.**

The painkillers work best when they are taken at the same time. It is normal to need painkillers for 7 to 14 days after the procedure.

#### Recommended pain relief after you get home:

You should take Paracetamol and Arcoxia regularly:

- Paracetamol 1 gram (2 x 500 mg tablets) up to 4 times a day (every 4 to 6 hours).

Arcoxia 90 mg (1 tablet) once a day in the morning with the first dose of Paracetamol.

If this does not provide enough pain relief, you can also take:

- Tramadol 50 mg (1 to 2 capsules) up to 4 times a day. Taken together with Paracetamol.

#### Pain relief schedule:

		Morning	Midday	After noon	Evening/ Night
Regularly	Paracetamol 1 gram x 4 (1 gram: 2 x 500 mg tablets)	X	X	X	x
Regularly	Arcoxia 90 mg x 1	X			
As necessary	Tramadol 50 mg x 3 (4)	X	X	X	(x)

See next page for important information

## Important information about pain relief

- It is very important that you take it easy for the first 24 hours so that the wounds in your throat heal.
- People normally have a sore throat for 1 to 2 weeks after the operation.
  - It is normal for the pain to increase after 3 to 7 days, and then decrease. This is a normal part of the healing process.
  - The pain is usually worst in the morning, so take painkillers as soon as you wake up.
  - Tongue discomfort may occur during the first few days after the operation as the tongue is pressed down during the operation. The discomfort is relieved by moving your tongue, for example when eating and drinking.
  - Earache can occur without having an ear infection. This is relieved by the painkillers you take for your throat pain, and chewing gum can also be soothing.
- It is important to start eating and drinking as normal
  - Drink plenty of fluids (cold/lukewarm) and avoid acidic drinks that may sting.
  - Eating ice cream/sucking an ice cube may relieve pain.
  - Plan your meals and eat approx. 30 to 60 minutes after taking a painkiller.
  - Start eating liquid and finely chopped or mashed food that is easier to swallow (strained soups, yoghurt, vanilla ice cream, bread without crust etc.).
  - Avoid hot food, strong spicy food and food that can scratch your throat in the first few days (crispbread etc.).
- Some people find it is easier to sleep with their head elevated, as it can reduce the swelling and thus relieve the pain.
- Developing a white coating on the wound surfaces in the throat is a normal part of the healing process.

**Good luck with your recovery!**