Post tonsillectomy haemorrhage

Bleed < 250 ml or < 5% blood volume
no blood visible in fossa
Haemodynamically stable

< 5yo or < 15kg

No

Nil orally 1 hour
Observe 2-4 hours
Tranexamic acid and Penicillin stat
Continue post op pain relief
Discharge if no further bleeding

Yes

Ring surgical registrar
Admit (?to ward or emergency)
IV FBE G&H IV fluid
Rest in bed
Nil orally 4 hours
Tranexamic acid tds
Penicillin IV qid
Continue post op analgesia protocol

Bleed 250 to 450 ml or 5-10% of blood volume and clot in fossa
Haemodynamically stable

Resuscitate IV FBE G&H IV fluid
Ring surgical registrar ASAP to assess
Likely plan for theatre
Cophenylcaine to fossa
Tranexamic acid IV stat
Penicillin 12.5g IV
Nil orally
Continue post op analgesia protocol

Bleed > 450 ml or 10% of blood volume or active bleeding or haemodynamically unstable

More bleeding?

no

Continue IV or oral penicillin and tranexamic acid
Clear fluids next 4 hours
Resume diet after 8 hours
Discharge at 24 hours post last bleed

Yes

Post theatre
Eat and drink
Continue oral penicillin and tranexamic acid
Discharge at 24 hours post last bleed

To minimise risk of bleeding:
good pain relief to allow patient to eat as normally as possible, no sport/work 2 weeks post op, avoid medications that increase risk of bleeding (non selective NSAIDS, aspirin, complimentary medicines)

Safety advice to patient: stay within one hour of a hospital for 2 weeks after surgery, if bleeding occurs: sit quietly, suck on ice or icy pole, wait 5 minutes, if bleeding doesn’t cease call an ambulance and attend nearest ED

Tranexamic acid 15mg/kg IV tds or 25mg/kg orally tds
Phenoxybenzamine 25-50mg/kg/day in 2-4 divided doses (half hour before food or 2 hours after food)
Benzylenccaine adults 1.2g IV 6 hourly (?paeds dose)
Cophenylcaine: read label for maximum number of sprays for age of patient

Calculating blood volume:
adult: 60ml/kg, child 70-80ml/kg

Analgesia adults: Targin 12 hourly and paracetamol 15mg/kg/dose 4-6 hourly PRN maximum 60mg/kg/day, Treat breakthrough pain with oxycodone 5-10mg 4-6 hourly PRN

Analgesia children: paracetamol 15mg/kg/dose 4-6 hourly PRN maximum 60mg/kg/day, Treat breakthrough pain with oxycodone syrup 5mg/5ml 0.1mg/kg per dose, 4-6 hourly