

Your Tonsillectomy Journey with Dr Braham

*Information for patients and families with
Dr Simon Braham and the Masada team*



Introduction

This guide explains what to expect before, during, and after your tonsillectomy with Dr Simon Braham at Masada Hospital. It is written for patients and families in a clear, reassuring way, and aims to help you feel prepared at each step.

Please note — This information is general and does not replace advice from your surgeon, anesthetist, or hospital team. If you are worried at any stage, contact the team for guidance.

1) Welcome and support

It is normal to feel a mix of relief and nerves when planning surgery. Our goal is to guide you through each stage with clear information, practical planning tips, and supportive care.

You are not doing this alone — Dr Braham, Michelle (practice manager), and the Masada Hospital team will help coordinate your care before and after surgery.

- Bring a support person to key appointments if it helps you remember information and feel confident.
- Write down questions as they come up — the team will make time to answer them.
- Plan for **10–14 days of recovery at home** so you can heal properly.

2) About Dr Braham and the Masada team

Dr Simon Braham has worked at Masada Hospital for **more than 26 years** and has performed **more than 3,000 tonsillectomies**.

He is a friendly, approachable surgeon, often seen in a crisp white shirt in a calm clinical setting beside endoscopy equipment, holding the instrument confidently and ready to guide

you through each step of your care.

Michelle is Dr Braham's practice manager and will help with the logistics before and after surgery — including bookings, paperwork, and practical questions that come up along the way.



Masada Hospital has a highly experienced perioperative and recovery team. Many members of the Masada team have supported Dr Braham for **more than 25 years**, and understand tonsillectomy care extremely well.

Reassurance — You will be cared for by people who do this every day and know what to look for, what is normal, and when to step in to help.

3) Deciding to proceed and booking the operation

If you and Dr Braham decide that a tonsillectomy is the right step, the practice will guide you through booking and preparation. You will have time to ask questions and make sure the plan suits your health needs and your schedule.

Key booking and cost checks

- Confirm your **insurance cover** and ask about any **out-of-pocket costs** (these may relate to hospital, surgeon, and anesthetist fees).
- Your procedure item number is **41793**.
- Arrange time off work/school and plan for recovery time at home (see recovery section).
- Plan for a responsible adult to drive you home after discharge.

Medical certificates — Medical certificates can be provided to support time off work or school during recovery.

4) In the lead-up to surgery

Before your operation, you will attend a pre-operative visit. This visit is an important part of your safety and comfort planning.

At the pre-op visit, the team will:

- Explain the operation again, including what to expect during recovery.

- Discuss benefits and risks and complete **informed consent**.
- Review your medical history and medications, including anything that may affect anesthesia or bleeding risk.

You will also be contacted by the hospital and the anesthetist as your surgery date approaches.

5) The week before surgery

In the week before your operation, the team will help you confirm the final details and feel prepared.

- The office will call you in the week before surgery to answer questions and help with any last-minute planning.
- The hospital and the anesthetists will also contact you (timing can vary).
- Admission time is usually advised on the **Friday before surgery**.

Practical planning checklist

- ☐ Arrange time off work/school and keep your schedule clear for recovery.
- ☐ Confirm who will bring you in and who will drive you home.
- ☐ Stock the house with cold fluids and soft foods (for example: **ice cream**, yoghurt, jelly, custard, smoothies).
- ☐ Plan for quiet time at home (limit visitors and strenuous activity).

6) The day before surgery and fasting instructions

Fasting is essential for a safe anesthetic.

Fasting rule — No food or fluids from **midnight** before your anesthetic, **unless your anesthetist advises otherwise**.

The anesthetist's rooms usually contact patients on the **Thursday or Friday before surgery**. Their phone number can be provided once surgery is booked.

If you become unwell (for example, a fever, chest symptoms, or you are worried you may not be fit for anesthesia), contact your **anesthetist** to discuss your symptoms and whether it is safe to proceed.

7) Surgery day

On arrival at the hospital, clerical staff will admit you and you will be taken to admissions.

The admissions nurse and the anesthetist will explain:

- Your anesthetic plan.
- Post-operative medications to help reduce **pain, bleeding, and swelling**.

Support people may accompany you if needed, and the team will guide them on where to wait and when they can be with you.

The operation

Dr Braham performs tonsillectomy using a **co-ablation technique**, which results in **less pain, bleeding, and swelling** than traditional techniques for many patients.

Once surgery is complete, you will go to recovery next to the waiting area. Your support person can wait there.

Small comfort tip — Once you are awake enough, an **icy pole** is encouraged to help with swelling and a dry throat.

8) Recovery in hospital

An overnight stay is preferred so the team can monitor you for complications and ensure your medications are working well.

Before you go home, a pharmacist will dispense your medications and explain how to use them safely.

You will also be given a **24-hour hospital contact number** for help after discharge.

9) Going home and the first 10–14 days

Most patients need **10–14 days** to recover, and should **stay home** during this time. This helps healing, reduces exposure to infections, and supports safe pain control and hydration.

What to focus on at home

- Rest at home and keep days quiet.
- Drink **cold fluids** regularly (aim to keep fluids up even if you do not feel like eating).
- Eat **cold foods** as tolerated — it is common not to eat much solid food for a few days.
- Take medications exactly as prescribed.
- Avoid many visitors and “running around” in the first 10–14 days.
- Use **ice, icy poles, or ice cream** for comfort if helpful.

Hydration matters — Sipping cold fluids often is one of the best ways to support comfort and recovery, even when swallowing is sore.

10) Follow-up and who to contact

Dr Braham arranges a **telehealth consultation after one week**, with further follow-up as needed.

If you have concerns after discharge:

- **Pain control or medication questions** — contact your **anesthetist**.
- **General post-operative concerns** — use the **24-hour hospital number** provided at discharge for guidance.
- **Emergency** — call **000**.

11) Contact details

Practice	Details
Dr Simon Braham MBBS (Hons) FRACS	Provider No. 94903LK
Phone	9038 1311
Email	info@drbraham.com

