Abstract

Objectives: To assess the effect of milk with honey in children undergoing tonsillectomy on bleeding, pain and wound healing.

Methods: The experimental study with control group was conducted at an ear, nose and throat clinic and outpatient clinic in a public hospital. In the study, it was studied with children undergoing tonsillectomy who are 6-17 years of age (N=68). The standardized natural flower honey was applied to children in the experimental group after tonsillectomy, every day, in addition to the standard diet in clinical routine. The children were assigned randomly to the experimental and control groups according to the operation sequence. In collecting the data, a questionnaire, pain, wound healing and visual analog scales was used. The data were analyzed by percentage distributions, means, chi-square test, variance analysis, and correlation analysis. It was depended on ethical principles.

Results: In the study, it was determined that not bleeding, is significant less pain and the level of wound healing of children in group milk with honey than children in milk group (p<.001). It has been found that a strong negative correlation between the level of pain and wound healing of children in milk with honey and milk groups (p<.001).

Conclusions: It has been determined that milk with honey was effective in prevent bleeding, reducing pain, and accelerate wound healing. Honey, which is a natural nutrient is a safe care tool that can be applied in children undergoing tonsillectomy without diabetes and allergic to honey and oral feeding in addition to routine clinical the diet.

Key Words: Children, tonsillectomy, bleeding, pain, wound