

**Abstract**

**Original Article**

**Milk with Honey Heals after Tonsillectomy; Bleeding, Pain and Wound Healing are in a Better Condition: An Experimental Study with Control Group**

**Eda Gulbetekin, MSc**

**Ministry of Health, Public Hospitals Unity, Igdir, Turkey**

**Fatma Guducu Tufekci, PhD**

**Associate Professor, Ataturk University Nursing Faculty, Erzurum, Turkey**

**Correspondence:** Fatma Guducu Tufekci, Associate Professor, Ataturk University Health Science Faculty, Erzurum, Turkey e-mail: fgtufekci@mynet.com

**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 out 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 were used. The data were analyzed by percentage distributions, means, chi-square test, variance analysis, and correlation analysis. It was based on ethical principles.

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

**Conclusions:** It has been determined that milk with honey was effective in preventing bleeding, reducing pain, and accelerating 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 diet.

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