

**Objective:** To determine the effects of a single dose of dexamethasone on post-operative morbidity in patients undergoing tonsillectomy and/or adeno-tonsillectomy.

**Design:** prospective, double-blinded, placebo-controlled clinical trial.

**Methods:** In a period between February 2007 to January 2010 one hundred sixty patients (94 male and 66 female), aged between 4 and 42 years, undergoing tonsillectomy and/or adenoidectomy were randomized to receive a single dose of intravenous dexamethasone 0.4 mg/kg or 8 mg for adult or placebo saline single dose postoperatively and were assessed for post operative pain, nausea and vomiting, tolerance to oral intake, uvular edema, fever and the time of discharge from hospital.

**Result:** The use of injectable dexamethasone in a dose of 0.4 mg per kg body weight for children or 8 mg for adult was effective in reducing post operative undesirable symptoms like pain, nausea, vomiting, edema, inadequate oral intake and fever.