

## Head and Neck Department ENT Services

# Discharge Advice for Adult Patients Following Tonsillectomy

### Definition

Tonsillectomy is the surgical removal of the tonsils to prevent recurrent tonsillitis.

### Day of Discharge

Before you are discharged home, your Consultant or their representative will come to see you and agree your discharge from the ward.

### Nutrition

After your operation it is important that you continue with your normal dietary intake, and continue to drink plenty of fluids. If you are experiencing difficulty in swallowing take your painkillers about half an hour before meals. This will help ease the discomfort, which is quite normal for the first few days. You may find that sucking boiled sweets or chewing gum helps to ease the discomfort.

### Mobility

You may resume your normal activities as soon as you feel well enough to do so. In order to reduce the risk of infection, try and avoid crowded places such as pubs, parties and cinemas for one week following surgery.

### Bathing

You may shower or bath as normal following your operation.

### Driving

You may resume driving 48 hours after your operation.

### Sexual Relations

You may resume your normal sexual relations as soon as you feel well enough to do so.

### Return to Work

You will need to stay away from work for ten to fourteen days after your operation. This is to allow the area in your throat to heal and to reduce the risk of infection.



# Patient Information

## Wound Care

- Try and keep your mouth clean by drinking plenty of fluids
- Use a mouthwash after your meals
- If you smoke, it is advisable to reduce the amount or stop in order to help the healing process
- It is normal for the area from which the tonsils were removed to have a white covering until healing has occurred. This is not pus or a sign of infection and should not normally be treated with antibiotics
- Try to keep away from people with coughs or colds

## Medication

You will be given painkillers to take home with you. This will be Co-Codamol or Paracetamol tablets which dissolve in water, and you will be given a seven day supply. You can take **two tablets every four hours** if you require them, but you **must not** more than eight tablets in any twenty four hour period. You may also experience ear-ache after your operation; this is quite normal and should be relieved by your painkillers; it is not usually an indication of the presence of an ear infection.

## Problems

If you are experiencing any problems with severe pain and constant bad breath contact your GP.

If there is any sign of bleeding from your mouth contact the Head and Neck ward on **024 7696 7831** or go to your nearest Accident and Emergency Department.

**If you experience a large bleed you should call 999 and ask for an ambulance to bring you to hospital.**

## Out-patients Appointment

If you need a follow up appointment in the out-patients department this will be sent to your home address; or alternatively you may be asked to see your own GP. You will be informed as to which applies to you before you leave the ward.

## Post

Any mail which arrives for you following your discharge will be re-directed to your home address.

We wish you a speedy recovery.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the department on 024 7696 7831 and we will do our best to meet your needs..

The Trust operates a smoke free policy.

## Document History

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