

## ENT

# Discharge advice for adult patients following Tonsillectomy

### Introduction

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

### 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.



## Patient Information

### **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 10 to 14 days after your operation. This is to allow the area in your throat to heal and to reduce the risk of infection. Please ask on the ward if you need a sick note.

### **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, and you should take these regularly for the next few days.
- It is advisable not to take Aspirin based products as these may increase the risk of further bruising. However if you are already taking aspirin as a routine medication then you should contact your GP for advice.
- 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.

### **Further Information**

If you require any further information or have any concerns, do not hesitate to contact:

#### **The Day Surgery Unit:**

Telephone 024 7696 6868 or 024 7696 6861

## Patient Information

Open 8.00am to 9.00pm.

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. They will advise you and you may be asked to return to the ward. Alternatively, go to your nearest Accident and Emergency Department.

## Outpatient Appointment

If you need a follow up appointment in the Outpatient 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.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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