

## ENT

# Discharge advice for adult patients following tonsillectomy

Tonsillectomy is an operation where tonsils are taken out to prevent recurrent tonsillitis.

### **Nutrition**

After your operation, it is important to keep eating and drinking as usual. Make sure to drink plenty of fluids. If swallowing hurts, take your painkillers about 30 minutes before. This will help ease the discomfort, especially in the first few days. Sucking boiled sweets or chewing gum might also help with the discomfort.

### **Mobility**

You can continue your regular activities as soon as you feel better. To reduce the risk of infection, avoid crowded places such as pubs, parties and cinemas for one week after surgery.

### **Bathing**

You can shower or bath as you usually do after your operation.

### **Driving**

You can start driving again 48 hours after your operation.

### **Sexual Relations**

You can go back to your regular activities when you feel ready.



## Patient Information

### **Return to Work**

You should stay away from work for 10 to 14 days after your operation, to let your throat heal and reduce the risk of infection. Please ask on the ward if you need a sick note.

### **Wound Care**

- Keep your mouth clean by drinking lots of fluids.
- Use mouthwash after meals.
- If you smoke, it is a good idea to cut down or stop to help you heal.
- You might see a white covering where your tonsils were removed; this is not pus or a sign of infection and usually doesn't need antibiotics.
- Try to avoid people with coughs or colds.

### **Medication**

- You will get painkillers to take home with you. Make sure to take these regularly for a few days.
- Don't take products with aspirin because they can make bruising worse. If you usually take aspirin, talk to your GP for advice.
- It is common to have earache after your operation, and this should go away with your painkillers. It doesn't usually mean you have an ear infection.

### **Further Information**

If you need further information or have any concerns, you can call the Day surgery unit at:

Telephone: 024 7696 6868 or 024 7696 6861

Open: 8.00am to 9.00pm.

If you have severe pain or bad breath that won't go away, contact your GP.

If you see any bleeding from your mouth, call the Head and Neck Ward on 024 7696 7831. They can help you, and you might need to go back to the hospital. You can also go to your nearest Accident and Emergency Department.

## Patient Information

### Outpatient Appointment

If you need a follow up appointment, this will be sent to your home address. You might be asked to see your own GP. You will be told what you need to do 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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

Department:	ENT
Contact:	27007
Updated:	October 2024
Review:	October 2027
Version:	6
Reference:	HIC/LFT/510/07