

Paediatrics

Tonsillectomy: Parent/Carer Discharge Information

Tonsillectomy is the surgical removal of the tonsils to prevent recurrent tonsillitis. This leaflet contains advice and information about what to expect when your child leaves hospital following this procedure.

Nutrition

After your child's operation it is important that they continue with their normal diet and continue to drink plenty of fluids. If they are experiencing difficulty in swallowing, give them painkillers about half an hour before meals. This will help ease the discomfort, which is quite normal for the first few days.

Mobility

Your child may resume their normal activities as soon as they feel well enough to do so. In order to reduce the risk of infection, try to avoid crowded places such as school parties and the cinema for two weeks after the surgery.

Bathing

Your child may shower or bath as normal after their operation.

Return to school/activity

Your child will need to stay away from school for fourteen days after their operation. This is to allow the area in their throat to heal and to reduce the risk of infection.



Patient Information

Wound care

- Try and keep your child's mouth clean, and encourage them to drink plenty of fluids
- Gargle water after their meals
- Try to keep away from people with coughs and colds
- 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
- It is quite normal to have very bad breath after surgery, however if the smell is getting worse and they have a raised temperature and a deterioration in condition, it is advisable to visit your GP.

Medication

You will be given painkillers to take home with you, Paracetamol liquid/tablets and Ibuprofen liquid/tablets. You will be given a seven day supply. Please follow the manufacturer's instructions. Your child may also experience earache after their operation, this is quite normal and should be relieved with painkillers; it is not usually an indication that there is an ear infection.

Bleeding

If there is any sign of bleeding from your child's mouth, contact the Children's Emergency Department (CED) on 024 7696 6934 for advice.

Out-patients appointment

If your child needs a follow up appointment in the Out-patients Department, this will be sent to your home address. 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 6850 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Patient Information

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Paediatrics
Contact:	26850
Updated:	August 2021
Review:	August 2023
Version:	4.2
Reference:	HIC/LFT/1699/13