

Patient Information

Paediatrics

Tonsillectomy - Parent/Carer discharge information

This leaflet contains advice and information about what to expect when your child leaves hospital after this procedure.

Tonsillectomy

Tonsillectomy is a surgical procedure that involves the removal of the tonsils to prevent recurrent tonsillitis.

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. To reduce the risk of infection, avoid crowded places such as school parties and cinemas for 2 weeks after the surgery.

Bathing

Your child may shower or bath as usual after operation.



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Return to school/activity

Your child will need to take 14 days off school after operation. This allows the area in their throat to heal and reduces the risk of infection.

Wound care

- Keep your child's mouth clean and encourage them to drink plenty of fluids.
- Have your child rinse their mouth with water after meals to help keep the area clean.
- Avoid contact with people who have coughs or colds.
- It's normal for the area where the tonsils were removed to have a white covering during healing. This is not pus or a sign of infection, so antibiotics are not typically required.
- It is common to experience bad breath after surgery. However, if the smell gets worse and your child develops a fever or their condition deteriorates, it's best to visit your GP.

Medication

You will be given painkillers to take home including paracetamol liquid/tablets and Ibuprofen liquid/tablets. You will receive a 7-day supply. Please follow the manufacturer's instructions. Your child may also experience earache after their operation, this is quite normal and can be relieved with painkillers. It is not usually a sign of 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.

Follow -up appointment

If your child needs a follow up appointment in the Outpatients department, this will be sent to your home address. Or you may be asked to see your own GP. You'll be informed which option applies to you before you leave the ward.

Patient Information

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.

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