

## Paediatrics

# Tonsillectomy: Patient 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 you leave hospital following this procedure.**

### **Nutrition**

After your operation it is important that you continue eating and drinking as normal. If it hurts when you swallow food, ask your parent or carer for some medicine about half an hour before your meal. This will help ease the pain, which is quite normal for the first few days.

### **Mobility**

You may start your normal activities as soon as you 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**

You may shower or bath as normal following your operation.

### **Return to school/activity**

You will need to stay away from school for 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, and drink plenty of fluids
- Gargle water after your 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 it has healed. It is also quite normal to have very bad breath after your operation but if you think the smell is getting worse and you feel poorly tell your parent or carer

### Medication

You will be given medicine to take home with you. Your parent or carer will have been told how much to give you and how often.

### Bleeding

If there is any sign of bleeding from your mouth tell your parent or carer so they can tell the doctor.

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.

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

#### Document History

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