

Discharge Advice Following Tonsillectomy

Patient Information

Children's ENT



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Our Values**People at
the Heart****Listen and
Involve****Kind and
Respectful****One
Team**

What are the tonsils?

They are small glands, one on each side of the throat that help to fight germs. If you suffer regularly from sore throats, the tonsils can be removed to alleviate the pain, but your body can still fight infections.

On the Ward, after the operation

Your child will have a sore throat, but the nurses will give pain relief regularly to help with this. After a general anaesthetic it is normal for some people to either feel sick or vomit. There are medicines to help this. It is important to eat and drink normally.

Chewing helps to ease the pain, and swallowing will help your throat to heal. Chewing gum and chewy sweets will also help.

When you go home

It is important that your child is kept away from people who may have a cold, or flu. This makes it necessary for them to stay away from school for ten days to two weeks (depending on the exact surgery performed). It is also advisable to avoid crowded areas such as swimming pools, cinemas and supermarkets.

It is common for earache to occur because your throat and ears are connected by a tube inside. It does not mean you have an ear infection, but this can last for up to two weeks.

The nurse who discharged you will have explained how to take the painkillers. You will have been given two different types of painkillers, and you should always follow the instructions on how to take these. It would help your child if they were given painkillers half an hour before meals as this would make eating easier.

The appearance of your child's throat will initially look white and will then turn yellow, this is normal.

If bleeding occurs it can be serious, and you should either contact:

Rainbow Ward, Tel: 01942 778762 or 778763
or go to your nearest **Accident & Emergency Department**.

Please use this space to write any notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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