Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Discharge Advice Following Tonsillectomy and Adenoidectomy

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Discharge Advice Following Tonsillectomy and Adenoidectomy

Patient Information

Children's ENT

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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 off school for between ten days and two weeks (depending on the exact surgery), and to avoid crowded areas such as swimming pools, cinemas and supermarkets.

- Your child may have some pain, this may be similar to a severe sore throat, they may also complain of earache. To help relieve this pain, paracetamol and ibuprofen may be given according to the instructions given on leaving the ward. If given 30 minutes before mealtime it will make eating easier.

- Encourage your child to eat and drink as normally as possible. The more your child chews and swallows the easier eating will become, it may help if cool drinks are offered hourly.

- It will also help to promote healing and keep the throat free of food particles if your child gargles with half a glass of water half an hour after meals.

- If bleeding occurs at home and consists of either a small brown or small red blood loss contact the ward immediately. However, if there is a large amount of red blood loss you should attend the Emergency Department immediately.

- The colour of the tonsil area will at first look white, then change to yellow – this is quite normal.

- It is very important that your child’s mouth is kept clean; this will be achieved by regular cleaning of the teeth, after meals and before bedtime.

Contact

Please do not hesitate to contact Rainbow Ward 01942 778762 or 778763, open 24 hours per day, if you have any worries about your child's recovery after they have been discharged from hospital.



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