Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Discharge Advice Following Tonsillectomy

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Discharge Advice Following Tonsillectomy

Patient Information

Children’s ENT

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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.**



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