

# Tonsillectomy & Adenotonsillectomy Discharge Information

Head & Neck - Paediatric ENT



## Introduction

### Who is this leaflet for?

You have been given this leaflet, as your child has undergone a tonsillectomy or adenotonsillectomy, and this leaflet explains what to expect following these procedures.

### Will the recovery be painful?

Pain is very common following this surgery and often worsens over the first few days. It is therefore very important to encourage good oral intake and take pain relief regularly.

You will be given a combination of pain medicines that need to be given regularly to prevent a cycle of too much pain, stopping your child from eating and drinking.

You will also be given a pain diary to help monitor the pain and act as a reminder and information guide of the pain relief schedule.

The area where the tonsils have been removed will become white the morning after surgery due to the healing process. This is normal and eating and drinking will help to keep the area clean.

Smelly breath is also quite common as the tonsil and adenoid beds heal; nothing needs to be done other than maintaining good dental hygiene.

### What should my child eat and drink?

It is important to encourage your child to drink plenty of fluids. This helps reduce pain, moistens the throat and prevents dehydration.

Your child is encouraged to eat a normal diet for them, with no food being specifically recommended to avoid. Eating a balanced diet with different textures helps with the healing of the tonsil beds. Harder foods help prevent the tonsil beds filling with thick scabs which can later become loose and bleed.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Older children may find chewing gum useful to stimulate saliva and exercise the throat muscles.

If your child is not eating and drinking after their operation, then there is a possibility that an infection can occur which may cause some bleeding, normally 5-7 days after the operation.

## Is there a risk of bleeding?

There is a small risk of bleeding in the first 14 days of recovery. For this reason, we recommend your child stays at home, is observed regularly, and not sent to school or nursery during this period.

You may see blood-stained saliva or a very small amount of blood (teaspoon amount) which is quite common and part of normal recovery.

**If your child has more bleeding than this from the nose or mouth, they need to attend the closest Accident & Emergency department immediately.**

## What if I have any questions?

If you have any further concerns or queries with pain, inability to eat and drink, or recovery, please contact:

### **Monday – Friday:**

Paediatric Surgical Unit (A23)

01902 481730

7:30am – 6:00pm

### **Out of Hours:**

Paediatric assessment unit (A21)

01902 695047

Monday – Friday, 6:00pm – 7:30am

Saturday – Sunday, Anytime

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。