



The Information Standard

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NHS

Salisbury

NHS Foundation Trust

# Advice after your child's tonsillectomy (1 of 2)

## Pain relief

It is important that your child takes pain killers **regularly**. Read the instructions that come with the medicine and make sure that you follow the instructions carefully.

### Your pain killers (to be completed by the day surgery nurse)

Your child will have been given pain killers when on the Day Surgery Unit. You can give your child further doses when you get home.

Paracetamol can be taken every 4-6 hours and you can give your child some at \_\_\_\_\_

Ibuprofen can be taken every 6-8 hours and you can give your child some at \_\_\_\_\_

If your child is unable to take regular pain killers, is being sick or is unable to drink anything, your child may need to be admitted to the children's ward at the hospital for treatment. It is essential that you contact Sarum Ward if you are concerned.

## After the tonsillectomy

- Your child will need 10 - 14 days off school. Your child's throat will be sore for around 10 days.
- Encourage your child to rest. Resting will help the throat heal and help prevent bleeding. You can expect your child to feel tired for the first 48 hours.
- Some children feel sick after this operation and may have needed medicine for this when on the Unit. This feeling usually settles quickly. Once you are home you must encourage your child to drink plenty of fluids in order to stay hydrated. Keeping the throat moist will also help reduce the pain.
- Don't give your child hot drinks or soup for the first 24 - 48 hours. Cool or lukewarm drinks will reduce the risk of bleeding.
- Eating normal food will help the throat heal and reduces the risk of infection. You should encourage your child to eat 'scratchy' food, such as toast and cereal, as well as soft.
- Chewing gum may help reduce the pain as chewing encourages swallowing and the flow of saliva.
- Your child's throat will look white; this is normal while the throat

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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.info@salisbury.nhs.uk](mailto:patient.info@salisbury.nhs.uk) if you would like a reference list.

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**Day Surgery Unit**

**01722 336262 ext 4550 (Mon - Fri 7.30am - 7pm)**

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heals. You may also see small threads in your child's throat, these are used to stop the bleeding during the operation and will fall out themselves or be swallowed in the days after the operation.

- Your child may complain of ear ache. This is normal. It happens because the throat and ears have the same nerves. It does not mean that your child has an ear infection.
- Avoid taking your child to crowded places, smokey atmospheres and keep them away from people with coughs and colds. This will help prevent your child getting an infection which could delay healing.

## **Bleeding after the operation**

If your child does not eat properly after the operation your child may develop an infection at the site where the tonsils have been removed. This can increase the risk of bleeding.

### **Bleeding can be serious.**

If you notice any bleeding from your child's throat, you must see a doctor immediately. Take your child to your nearest hospital's casualty department.

Signs of infection are:

- high temperature
- increased pain
- bad breath
- feeling generally unwell.

If you notice any of these symptoms you should make an appointment for your child to be seen by your GP or contact the hospital for advice.

## **Who can I contact if I have any questions?**

If you have any questions or need advice please call your GP or:

Call the hospital on 01722 336262 and ask for either:

- Sarum Ward ext 2560 (24 hours a day)
- Day Surgery Unit ext 4550 (Monday to Friday 7.30am - 7pm)
- ENT Outpatients ext 4250 (Monday to Friday 9am - 5pm)

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