



# Advice after tonsillectomy (1 of 2)

## Pain relief

It is important that you take 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)

You will have been given pain killers when on the Day Surgery Unit. You can take some more when you get home.

Paracetamol can be taken every 4-6 hours and  
you can take some at \_\_\_\_\_

Ibuprofen can be taken every 6-8 hours and  
you can take some at \_\_\_\_\_

If you are unable to take regular pain killers, are feeling sick or being sick, or are unable to drink anything, you may need to be re-admitted to hospital for treatment. It is essential that you seek medical advice if you are concerned.

## After your tonsillectomy

- You will need 10 - 14 days off work. Your throat will be sore for around 10 days. We can give you a Sick Certificate if you need one.
- You must rest. Resting will help your throat heal and help prevent bleeding. You can expect to feel tired for the first 48 hours.
- Some people feel sick after this operation and you may have needed medicine for this when you were on the Unit. This feeling usually settles quickly. Once you are home you must drink plenty of fluids in order to stay hydrated. Keeping your throat moist will also help reduce the pain.
- Try not to have 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 your throat heal and reduces the risk of infection. You should try to eat 'scratchy' food, such as toast and cereal as well as soft food.
- Chewing gum may help reduce the pain as chewing encourages swallowing and the flow of saliva.
- Your throat will look white; this is normal while your throat heals.

### Day Surgery Unit

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

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

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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You may also see small threads in your 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.

- You may have sore ears. This is normal. It happens because your throat and ears have the same nerves. It does not mean that you have an ear infection.
- Avoid crowded places, smokey atmospheres and people with coughs and colds. This will help prevent you getting an infection which could delay healing.

## Bleeding after the operation

If you do not eat properly after the operation you 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 throat, you must see a doctor immediately. Go 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 you should make an appointment to be seen by your GP.

## 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:

- Downton Ward ext 2182 / 2547 (24 hours a day)
- Day Surgery Unit ext 4550 (Monday to Friday 7.30am - 7pm)
- ENT Outpatients ext 4250 (Monday to Friday 9am - 5pm)

**Day Surgery Unit**

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