

Patient information

Care of your child following tonsillectomy surgery

Tonsillectomy is the surgical removal of the mass of lymphatic tissue situated at the back of the throat.

Following surgery

- Encourage your child to drink plenty of cool fluids.
- **It is important for your child to eat and drink normally** to reduce the chance of infection and aid healing. If they are unable to eat or drink large amounts, little and often is just as good.
- Your child should rest at home for a few days.
- **It is very important to give your child regular medication**, such as paracetamol and ibuprofen to ensure their pain is under control and enable them to eat without too much pain.
- Discomfort and pain is most severe in the first 2 – 3 days but all children are different and some may need to continue pain relief for at least a week.
- Please ensure you have one of our pain leaflets.
- Avoid mixing with other people (parties, play group, nursery, school) for two weeks, after which your child can return to normal activities.
- **Your child's throat will look white.** This is normal while your throat heals. You may also see small threads in your child's throat – sometimes these are used to help stop the bleeding during the operation and they will fall out by themselves.

Complications

- Some children get a throat infection after surgery, usually if they have not been

eating properly. If this happens you may notice a fever and a bad smell from your child's throat.

- Bleeding is rare but can be serious, so either call 999 or take your child to the nearest Emergency Department (A&E). About four children out of every 100 who have their tonsils out will need to be taken back into hospital because of bleeding, but only one child out of every 100 will need a second operation (*ENT-UK 2016*).
- Bleeding will be indicated by:
 - Fresh blood (bright red) in your child's vomit, or in their saliva if they are spitting this out.
 - They will also have a salty taste in their mouth.
 - Excessive swallowing and/or coughing.

Please note: All *weekend emergencies are treated at Addenbrooke's Hospital, so if it is the weekend* you should take your child there or ask an ambulance crew to take you there. (*After 5.00pm on Friday and before 9.00am on Monday)

See your GP if:

- There is any increase in pain.
- If your child develops a high temperature or fever.
- If you are concerned about any part of your child's recovery.

Further advice

If you are worried or need advice you can call the following departments who can best advise you on what to do:

- Rainbow ward 01284 713315 (24hrs a day)
- Your own GP/GP out of hours
- NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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