

Pain Relief After Tonsillectomy

Information for parents and carers

The aim following surgery is to keep your child comfortable enough that they can keep eating and drinking. This will reduce the risk of infection and bleeding.

We have provided the following pain relief:

Paracetamol: Can be given every four hours.

We recommend giving this regularly at:

8am, 12pm, 4pm, 8pm.

Ibuprofen: Can be given every six hours.

We recommend giving this regularly at:

10am, 4pm, 10pm.

If your child wakes overnight one additional dose of ibuprofen may be given at 4am, for a maximum of 5 nights only. Please make sure your child keeps eating and drinking well.

Previous studies of pain experienced by children following tonsillectomy show pain tends to increase on days 3-5 following surgery. We have therefore added oral morphine solution to our take home pain relief pack, aiming to improve the comfort of your child.

If your child has severe obstructive sleep apnoea, for safety reasons, the medical team looking after your child may decide **not** to give oral morphine solution to take at home.

We recommend giving one dose of oral morphine in the morning, on days 3, 4 and 5 following surgery.

(Please circle relevant days, day of surgery being day 0)

Mon Tues Wed Thurs Fri Sat Sun

It is very unlikely, but should your child become drowsy or their breathing become slow and shallow, **please phone 999**.

We have also provided the 'Medicines for Children' leaflet for morphine, which explains possible side effects as well as how to safely store and discard this medication.

It is normal for children to need regular pain relief for 7-10 days after tonsillectomy.

It may be two weeks before your child is comfortable without pain relief.

NOTE:

If your child had their tonsillectomy as a **Daycase**,

in addition to the pain relief described above, they will also receive an additional three doses of oral morphine. One dose may be given every 6 hours, if despite regular paracetamol and ibuprofen your child is struggling to eat/ drink/ sleep in the first 24 hours following discharge home.

Members of the Pain Management Group at the Royal Hospital for Children and Young People, Edinburgh, acknowledged national and international recommendations for pain relief in children following surgery when writing this leaflet.