



## Tonsillectomy- care after the operation

Information for patients, parents and carers

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## **Immediately after the operation**

Your child will be sleepy after their general anaesthetic. They may vomit or feel nauseous and their observations such as blood pressure and heart rate will be recorded regularly. Your child may also have a sore throat and the nursing staff will give them pain relief regularly to help manage this.

## **Eating and drinking**

Immediately after the operation, we would encourage sips of water and juice. Following this, your child may have something soft to eat after tolerating sips.

It is important that children eat and drink after their operation to encourage the healing process and prevent infection. They may prefer softer foods immediately after and in the days following the surgery, but we need them to eat normal foods to reduce the chance of bleeding. Encourage eating little and often after surgery if they cannot manage full meals. Giving pain killers and sucking an ice lolly **before** trying to eat can be helpful.

## **Return to school/play**

To help prevent infection, it is important to keep your child indoors for a few days after their operation. Avoiding anyone with coughs/colds or temperatures is also important. They should remain off school for 10-14 days but can return safely after this time.

## Pain

Paracetamol and ibuprofen **have to be** given regularly to alleviate any pain. It is important to follow the instructions on the medicine bottle/packet and not give any more than the maximum dose stated.

Your child will likely have increasing pain a few days after the operation. This is normal and due to the tonsillar bed (the area at the base of where the tonsils were) starting to heal. We usually give them oramorph from days 3-5 for this reason as it aims to alleviate the pain further.

Please continue to encourage eating and drinking to prevent an infection.

## Problems

If you notice your child has increasing pain even with regular pain relief, contact your GP.

You may notice blood streaking in their saliva for up to 3 weeks after their surgery and this is normal. If they are spitting out more than one tablespoon of fresh blood (or more than half a cupful for teenagers), please go immediately to your nearest Accident and Emergency department.

We generally do **not** need to see your child in an outpatient clinic following surgery.

## **Tell the person looking after you:**

- If you are sore or have pain
- You have any blood in your nose or mouth
- You are worried about something.

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