

Discharge Advice

Adenotonsillectomy

Discharge Advice following Adenotonsillectomy

Daily activities

It is important to keep your child off school or college for 2 weeks following their operation. During this time, they should rest and stay at home as much as possible and avoid crowded places where they could pick up infections from other people before they have healed from the surgery. Dusty and smoky environments should also be avoided. Their nose may be blocked for a couple of weeks following the operation due to swelling, but this will settle. Do not encourage them to blow their nose as this could cause it to start bleeding. For the first 2 weeks after the surgery it is recommended to avoid hot and steaming food / drinks and hot baths / showers, as the heat from the steam could cause the nose to start bleeding. Cooler temperatures are acceptable.

Pain

The pain from the tonsillectomy typically worsens between day 4 and 6 post surgery and then improves, but can last for 2 weeks. It is very important to give your child regular pain killers for the first week, ideally 30 minutes before food to enable them to eat and drink more easily. They may complain of ear ache due to a connection between the nerve supply to the throat and the ears. Nasal sounding speech and nasal regurgitation of fluids can occur after removal of the adenoids, but should settle over a period of a few weeks.

Throat appearance

It is normal for the throat to look white on both sides where the tonsils have been removed. This is part of the normal healing process. Some patients develop bad breath which will resolve in 2 weeks. If your child becomes unwell with a temperature you should see your GP as they may have developed an infection and require antibiotics.

Bleeding

If your child has continuing fresh bleeding from their nose or mouth you must take them to your nearest A&E department straight away. They will be assessed by a member of the ENT team and may need to be admitted for observation. Occasionally a further operation is required to stop any bleeding.

Diet

A normal diet should be resumed as soon as possible after the operation. Rough and crunchy foods (e.g. toast, biscuits) are particularly good at cleaning the back of the throat.

Follow up:

You will be advised if a follow up appointment is required by your surgeon. In some cases when the operation has been performed because of breathing issues, a follow-up appointment may be arranged.

EMERGENCY DISCHARGE INFORMATION

Should you require urgent advice you should contact

09:00 to 17:00 Monday to Friday (excluding bank holidays): Contact the ENT Treatment room on 01633 234018

After 17:00/overnight (children): Ward C1 01633 493609

In the event of an emergency, attend your closest Accident & Emergency department