

## Discharge Advice

# Tonsillectomy

### **Discharge Advice following Tonsillectomy**

#### **Daily activities:**

It is recommended that you take 2 weeks off work/school and take it easy. Avoid strenuous exercise or operating heavy machinery during this time. A sick note can be provided prior to discharge upon request. It is also advised that you keep away from crowded places in order to avoid picking up any community infections e.g. coughs and colds. Try to cut back or stop smoking as this will affect the body's ability to heal and irritate the back of the throat. Staff can provide you with support group contacts in order to help you to quit.

#### **Pain:**

The discomfort within your throat will last for 2 weeks. Earache is common as there is a connection in the nerve supply between the ears and throat. The pain will often peak at around 4 – 8 days post surgery before subsiding. This is part of the healing process. You will be given pain relief to take home which should be taken regularly (particularly 30 minutes prior to meal times). Nursing staff will discuss the medication with you prior to discharge.

#### **Throat appearance:**

Within a short period of time following your surgery, you will notice white/grey slough on the back of the throat. Most patients also develop bad breath. This usually settles after 2 weeks. Should you become unwell and develop a fever, then an infection may be present. You will need to see your GP in case antibiotics are required.

#### **Diet:**

Post surgery you should eat a normal diet (especially crunchy/rough food types) and drink plenty of fluids. Alcohol and spicy food is not recommended. Regular painkillers help you to keep eating but you are unlikely to be completely pain free whilst your throat heals.

**Bleeding:**

In the unlikely event that you experience bleeding from your throat, you must go immediately to your nearest A&E department. You will need to be assessed by the ENT on call team and will require a period of observation. Whilst many of these episodes of bleeding settle on their own, some are severe and require emergency surgery.

**Follow up**

You will not normally need to be seen in clinic following your surgery, unless your surgeon has told you otherwise.

**EMERGENCY DISCHARGE INFORMATION**

- **Monday to Friday (excluding bank holidays) from 0900 to 16:30:**  
Contact the ENT Treatment Room on 01633 234018
- **After 16:30 on weekdays and weekends:** Contact your GP or your ward.  
C0: 01633 493926. Ward C1 on 01633 493609.

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

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Mae'r ddogfen hon ar gael yn Gymraeg”**