NHS
Calderdale and Huddersfield
NHS Foundation Trust

Children going home after a Tonsillectomy



How long will it take my child to recover?

Allow your child to recover at his or her own pace.
It will probably take about 14 days to recover fully from the operation. Your child will need two weeks off school / nursery.
Avoid swimming for 28 days.



You should also keep your child away from smoky atmospheres and anyone with a cough or cold. This will help to prevent them getting an infection.
Immediately after surgery there maybe vomiting and fresh bleeding plus your child may be distressed due to the anaesthetic. Your child will need to stay for a minimum of 4 - 6 hours following the operation.

How can I help my child to recover?

It is important to encourage your child to eat and drink following surgery as this helps recovery.
To help your child's sore throat get better you should encourage him or her to eat and drink normally. Give your child extra fluids and a clear drink at the end of meals. This will help to clear the throat of debris and help prevent infection. Cold or lukewarm drinks are best tolerated for first few days. Avoid citrus fruits and highly spiced foods which may add to discomfort.
Try to give pain relief 30-40 minutes before meal times.

What if my child feels pain?

For a few days your child may complain of a sore throat and sometimes earache, especially on swallowing. The sore throat is caused by the removal of the tonsils since they share the same nerve supply. The pain sometimes becomes worse on about the 4th day. You can relieve the pain with Paracetamol (Calpol) and Ibuprofen, please obtain your own supply of this prior to your child's operation. Follow the instructions on the bottle or pack. The nurses will advise you when and how often to give the pain relief.

Do not give aspirin or medication containing aspirin.

Eating and drinking

For the first 2-3 days you should give some pain relief half an hour before meals so your child feels more like eating. After this time you should give some pain relief as your child needs it.
Always follow the instructions on the bottle or pack.
If the pain does not go away, or if your child develops other symptoms such as any degree of hearing loss seek medical advice.

Is there anything to watch out for?

For the first 2 days your child will require close observation by a responsible adult.

Contact ward immediately if any of the following occur:

- Excessive swallowing.
- Vomiting which is excessive.
- Fresh bleeding from the throat.

Vomiting sometimes occurs up to 24 hours after discharge so be prepared and comfort your child if this occurs. It is normal to have blood tinged mucus for up to 5 to 7 days after surgery.

It is normal for the tonsil bed (the area where the tonsils used to be) to appear 'yellowy' and coated for a few days. Increased fluid intake and good oral hygiene help to prevent odour which may last from 7 to 10 days, this usually settles on its own. If your child appears hot, unwell and in persistent pain, seek medical advice.

If you have any comments about this leaflet or the service you have received you can contact :

Sister
Children's Ward/Ward 3
Calderdale Royal Hospital
Telephone No: 01422 223277

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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