



Tonsillectomy

Discharge Advice

Children's Services
Lincoln County Hospital
Pilgrim Hospital Boston
Grantham Hospital
www.ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

What to expect following surgery

Your child will be observed closely. Your child will be given regular pain relief. We will advise you when your child can start eating and drinking. Normally they will be able to start drinking about an hour after returning to the ward. We would normally only advise giving a soft diet later that evening.

Your child needs to have passed urine after their operation. He/she will be allowed home at the discretion of the doctor or nurse. This is usually the same day for day cases and the following day for inpatients.

Pain control

Some pain relief may have been given before or during your child's operation. You will be advised on pain relief to use at home for your child. Please give according to the instructions.

At home

We recommend a normal diet the following day after surgery; (solid foods such as cornflakes, biscuits, crisps etc). These foods actually help the throat to heal by keeping the site clean.

We recommend the encouragement of fluids. This helps to prevent the throat becoming too dry and also aids healing.

We recommend **regular** pain relief 30 minutes before meals for the first 2 to 3 days.

(Do not exceed the recommended dose in 24 hours)

IT IS IMPORTANT YOUR CHILD CONTINUES TO EAT AND DRINK NORMALLY

There is a small risk of:

- Infection of the throat. This would normally be treated with antibiotics.
- Bleeding from the place where the tonsils have been removed.

This can sometimes happen a week or so following surgery.

In the event of bleeding, bring your child immediately to Accident and Emergency.

Following discharge from the ward for the first 24 hours:- telephone

Safari Day Unit, Lincoln Hospital	01522 573172
Rainforest Ward Lincoln Hospital	01522 573786
Children's Ward Pilgrim Hospital	01205 445563

If you are concerned, it is important your child is seen by a doctor or a nurse

In an emergency you must take your child immediately to your local Accident and Emergency department

Out-patients appointment

Your child will not usually be given an appointment. You will be advised before leaving the ward if the doctor needs to see you again.

All appointments are sent in the post

Feedback is always welcome - if you have any comments on this leaflet please talk to a member of the ward team or inform us in writing.