

ADENOTONSILLECTOMY (Child)

Discharge Advice

Patient information - Otolaryngology (Ear, Nose & Throat) Dept.

What are tonsils and adenoids?

They are lymph tissue that help the body fight infection. Tonsils are found at the back of the mouth on each side of the throat. Adenoids are at the back of the nose. They help the body to fight infections.



Tonsils and/or adenoids are removed through the mouth under a short general anaesthetic.

Appearance

A white coating (slough) will form where your tonsils have been removed and will remain for 1-2 weeks.

There may be signs of bleeding at this time. This is of no concern unless the bleeding is heavy.

Sutures may be seen in the throat. These can take up to two months to disappear

Activity

You will tire easily so rest is encouraged. You should be off school or work for up to two weeks. Avoid strenuous activity.

Pain relief and antibiotics

It is common for throat pain to be worse, for 2-4 days, this is often associated with earache. The earache is usually referred from the throat and does not generally indicate an ear infection.

You will be given a prescription for pain relief on discharge. Your child should take this regularly.

Paracetamol may be given regularly 4-6 hourly for the first 24 hours and then as required. Do not exceed the recommended dose.

Do not give Aspirin or Disprin for pain relief as these can cause bleeding. Many other medications contain Aspirin. Please check with your pharmacist.

If you are given a prescription for antibiotics to prevent infection, please complete the course.



Eating and drinking

- The throat will feel sore, to help healing, try to a normal diet as soon as possible.
- The swallowing of fluids must be encouraged if you are not eating much food.
- Ice blocks help to cool and numb the throat.
- Have small and frequent meals.
- Paracetamol 30 minutes before eating will make it easier to swallow.

Follow up

We will advise you if follow-up is required. If you have problems in the early postoperative period, please phone ORL outpatients for an appointment (03 364 0990). Otherwise, contact your GP for advice.

Complications

- If your child experiences any of the following:
- Vomiting or spitting fresh blood (bright red) or awareness of blood trickling down back of the throat
- Vomiting of dark red (old blood) 1-2 times in the first 24 hours after surgery is not usually a cause for concern. If you are concerned, please contact us.
- Nose bleed lasting longer than five minutes (despite using a cold wet flannel and icepack on the nose).
- Inability to swallow fluids regularly.
- Develop a temperature

Please seek medical advice:

- from your GP
- through the contact details in this pamphlet.

Severe bleeding is a rare event. If this happens, go immediately to the Emergency Department, Christchurch Hospital (or a public hospital in your town) .

Contact Details

Christchurch Hospital

ORL (ENT) Outpatient Department

Telephone: 364 0985

Hours: Monday–Friday 8.00 am–5.00 pm

Ward 21 (Children's Ward)

Telephone: 364 0640 Extension: 89210

Day Surgery Unit

Telephone: 364 4034

Hours: Monday–Friday, 7.00 am–7.00 pm

1st floor Christchurch Women's Hospital

Emergency Department

Telephone: 364 0270

Ask for the ENT Registrar to be told you are coming. Bring the discharge letter with you.

St Johns Ambulance Dial 111

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz

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high quality ORL services to
the people of Canterbury
and beyond.**