

TONSILLECTOMY (Child)

Discharge Advice

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

What are tonsils?

Tonsils are lymph tissue that help the body fight infection. Tonsils are found at the back of the mouth on each side of the throat. They are removed through the mouth under a short general anaesthetic.

Appearance

A white coating (slough) will form where your child's tonsils have been removed and remain for one to two weeks until it heals.

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

Your child will tire easily so rest is encouraged. Your child should be off school for up to two weeks avoiding strenuous activity such as sport.

Pain relief and antibiotics

It is common for throat pain to be worse when your child gets home. It is often associated with earache. The earache is usually coming from the throat and does not generally indicate an ear infection.

Your child will be given a prescription for pain relief on discharge. This should be taken 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 your child is given a prescription for antibiotics to prevent infection, please complete the course.

Eating and drinking

The throat will feel sore, but to help healing, try to encourage your child to return to a normal diet as soon as possible.

- The swallowing of fluids must be encouraged if your child is not eating much food.
- Ice blocks help to cool and numb the throat.
- Offer 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

Vomiting of old blood (dark red) 1-2 times in the first 24 hours after surgery is not usually a cause for concern, however if you are concerned please contact us.

If you experience any of the following:

- vomiting or spitting fresh blood (bright red) or awareness of fresh blood trickling down back of the throat
- 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, call an ambulance

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. If possible bring the discharge letter with you.

St Johns Ambulance Dial 111

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the people of Canterbury
and beyond.**

For more information about:

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