

Patient information

Tonsillectomy – Child (Day Surgery)

Tonsillectomy

Your Ear, Nose and Throat Surgeon has recommended that your child have their tonsils removed (tonsillectomy).

The tonsils are two pieces of flesh at the back of the throat which may become infected and cause frequent sore throats. In the first few months of life tonsils are needed to help fight infection, by producing chemicals called antibodies. In later life the tonsils serve no important function.

Before your operation your child **MUST** have nothing to eat or drink for at least six hours.

The operation will be under general anaesthetic, and hence your child will be unconscious throughout. The operation lasts between 20 - 30 minutes.

Your child will wake up from the operation in the recovery area and once they are awake will be returned to you on the ward. Your child's throat may be sore and you can request painkilling medicines.

Complications

Bleeding after tonsillectomy is very rare but can occur and usually indicates an infection. Your child will be observed on the unit for 4 - 5 hours after the operation to reduce the risk of problems occurring after discharge. We observe for excessive swallowing, coughing or vomiting of fresh blood, and this needs to be continued by you after discharge. If this does occur following discharge from hospital you should consult your GP. If the bleeding is severe attend the Accident & Emergency department, where you will be seen by the ear, nose and throat doctor on duty.

Discharge advice

Following surgery encourage your child to drink plenty of cool fluids.

Avoid hot food and drink for 24 hours after surgery. After that children should eat and drink normally. If they are unable to eat or drink large amounts, little and often is just as good. It is very important to start eating as normally as possible as this helps the throat to heal quickly.

A certain amount of discomfort after the operation is normal. Medicines such as paracetamol (Calpol®) and ibuprofen should be given regularly for the first 2 days, then as required. Please follow the instructions on the bottle. See the pain information leaflet for further details.

Your child should rest at home for a few days.

Avoid mixing with other people (parties, play group, school) for two weeks. After this your child can return to school and their normal activities.

Your child is likely to have a bad smelling breath for a week after the operation. This is normal and will disappear.

There is no routine follow-up appointment.

Pain killers last given at

Next due at

See your GP if

- There is any increase in pain
- If your child develops a high temperature or fever

If there is any sudden bleeding call 999 or come to Accident and Emergency without delay Monday to Friday.

Please note: All weekend emergencies are treated at Addenbrooke's Hospital NHS Trust, telephone 01223 245151. After 5.00pm on Friday, should you need emergency treatment (bleeding for example) please call an ambulance and ask to be taken to Addenbrooke's hospital accident and emergency department.

If you require further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am to 8.00pm, Monday to Friday.

Outside of these hours contact the paediatric ward on 01284 713315.

Or your own GP / GP out of hours service

Or NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>.



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