

Infection

If your child has smelly breath or develops a fever of 38°C or above, seek advice from your GP.

Taste disturbance

Following tonsillectomy, some people notice an alteration in their taste. This can be severe and it may last a long time. At present there is no treatment available for this.

Any questions?

If you have any questions please call us on Harlyn Ward 01872 253909.

Times medicines last given	
Paracetamol:	-----
Ibuprofen:	-----
Codeine:	-----

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Following your child's tonsillectomy

Information for parents and carers



What are tonsils?

- These are the tissues at the back of the throat that help your child build up immunity and fight infection.
- In many children the tonsils become repeatedly infected with bacteria or viruses which make them swell and become painful.
- Sometimes your child's tonsils contribute to a partial blocking of their airway, which may make it difficult for your child to breathe and cause them to snore loudly when asleep. This can lead to a condition called sleep apnoea where your child may stop breathing for a few seconds and it can disturb their sleep.

Why might tonsils need removing?

- If your child has a problem with throat infections it is not essential to have them removed as this problem will probably improve over time as your child grows.
- If your child has breathing difficulties it is probably better to have them removed.

How long does the procedure take?

Your child will be away from the ward for about an hour.

When can I take my child home?

Your child will usually be able to go home later that day. They must remain on the ward for a minimum of between 4-6 hours following surgery. Before going home your child must be eating and drinking, and be up and about. If your child's operation is in the afternoon or if they have sleep apnoea, they may need to stay overnight in hospital.

What happens afterwards?

After about 12 hours a white or yellow membrane (thin skin) appears where the tonsils were. This is normal and is not a sign of infection. It lasts for 12-14 days.

How do I ease my child's pain?

Your child can have a sore throat for up to a week or more. For the first five days, give your child the regular pain relief that you have been given from the hospital. After that, give your child pain relief as they need it. The pain may get a little worse after 3-4 days, and then start improving.

How long will my child need off school?

It will take two weeks for your child to recover from the operation. Your child should remain off school for two weeks and during this time your child should not mix with people with coughs and colds.

What can my child eat and drink?

It's important that your child eats as normally as possible. It's tempting to give your child soft foods, but giving your child foods like toast and cereal helps clean the area where the tonsils have been removed, which reduces the risk of infection and bleeding. Chewing food also stops the muscles in the back of the throat going into spasm, which can reduce pain. Older children, if allowed, can also chew gum to help with muscle spasm.

If your child is a fussy eater you may want to bring foods into hospital that they definitely would like to eat.

Encourage your child to brush their teeth as this can help prevent infections.

What should I look out for?

Bleeding

About 3 out of 100 children may have a bleed after having their tonsils out. Bleeding may happen in the first few days after surgery, If you see a few spots or flecks of blood in saliva do not be concerned.

If you notice any bright red blood or clots of blood coming from the mouth, **OR** if your child vomits brown, red or black blood, bring your child back to the Emergency department at Treliske.