

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET.n@nhs.net](mailto:sfh-tr.PET.n@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Discharge advice

## Tonsillectomy



**Most tonsillectomy procedures are done as a day case, although occasionally your child or young person will need to stay in hospital overnight. The following advice will help following surgery.**

**Eating**

Eating and drinking will help throat heal and ease the pain quicker. Try to give a drink with meals as well.

**Pain relief**

Give regular pain killers for the first few days. Do not use more than it says on the label.

Your child or young person last had pain relief at:

Paracetamol .....

Ibuprofen .....

Your child or young person may complain of sore ears, this is normal. It happens because ears and throat have the same nerves, it does not necessarily mean they have an ear infection. However, if your child gets a temperature or you notice a bad smell, call your GP for advice.

Chewing gum/sweets may help with the pain.

**What will my child or young person’s tonsils look like?**

Your child’s or young person’s throat may look white initially – eating and drinking will help remove this slowly.

Your child is more prone to getting throat infections after surgery. Your child should not go to school for 10-14 days and avoid large crowds of people and smoky places.

**Bleeding**

If your child or young person is sick and you notice any fresh blood you must get this looked at immediately – you should attend your nearest Emergency Department.

