

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 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 will need to stay in hospital overnight. The following advice will help following surgery.

Pain relief

Your child may experience pain which can last for the first 2 weeks. Pain can often be worse for the first 4-5 days. Give regular pain relief for the first few days. It is helpful to give pain relief 30 minutes before meals and before bed where possible. This will help your child when eating, drinking and sleeping.

Do not give more medicine than it says on the label – always follow the instructions on the bottle/packet 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 the 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.

Eating

Eating and drinking normal foods that need to be chewed, will help the throat heal and ease the pain. This is because chewing food keeps muscles in the throat moving, which helps to reduce pain. Eating foods like toast and cereal will also help the throat to heal. Try to give a drink with meals too - it is important to drink plenty of fluid.

Brushing teeth

Encourage your child to brush their teeth – this will help keep the mouth and teeth clean and infection free.

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 or nursery for 10-14 days. Avoid large crowds of people and keep your child away from cigarette smoke. This will help in preventing your child from getting an infection which can cause bleeding.

When to get medical advice

Bleeding

If your child is sick (vomits) and you see blood, or their sick is black or brown, you must take your child to your nearest Emergency Department to be checked out.

Pain

If your child is in lots of pain, which is not helped by paracetamol and ibuprofen, contact your GP.

High temperature

If your child develops a high temperature contact your GP.

Eating and drinking

If your child is not drinking any fluid contact your GP.

