

Information leaflet for parents/carers

Removal of Tonsils and Adenoids Discharge Advice



Removal of Tonsils and Adenoids Discharge Advice

Contents:

What is an Adenotonsillectomy?	1
What if my child has pain?	1
What about eating and drinking?	2
What about school, rest and play?	3
What do I need to look out for?	3
What about School, Rest and Play	5
Further Information	6

This leaflet gives you information about your child's care at home after an Adenotonsillectomy.

It is important that this leaflet is read together with the patient information leaflet "Going home after surgery." Please make sure you have been given a copy by the nursing staff on the ward.

What is an Adenotonsillectomy?

Your child has had their adenoids and/or tonsils removed.

- Tonsillectomy - Removal of the tonsils
- Adenoidectomy - Removal of the adenoids
- Adenotonsillectomy – Removal of the tonsils and adenoids

What if my child has pain?

Your child may complain of some pain or discomfort after their operation.

Your child will have a very sore throat for several days after having their tonsils removed. It may also affect their neck and your child may also complain of pain in their ears. This is normal.

Your child may experience the feeling of a blocked nose after having their adenoids removed; this is normal.

Some children develop 'bad breath' after the operation, which settles once they are eating and drinking well; this is normal.

In hospital the nurses will give painkillers regularly to relieve your child's pain. It is important to give your child painkillers at home regularly for the next 7 – 10 days.

Please follow the instructions carefully on the bottle/packages for the medications prescribed for your child. DO NOT give your child more than the stated doses.

Medication	Date & Time last dose taken	Comments
Paracetamol		
Ibuprofen		
Oral Morphine		

What about eating and drinking?

It is important for your child to eat and drink as much as possible after the operation. Please encourage your child to eat foods that need chewing e.g. toast, crisps, sandwiches and fruit as well as soft foods like ice cream, yogurt and ice-lollies.

It does not matter what the food is, hard or soft, as long as your child swallows the throat should heal. Chewing and swallowing also helps to relieve pain.

What about school, rest and play?

Your child can be up and about, as they want to. He/she should stay close to the home for a week avoiding crowded places.

Following either Tonsillectomy or Adenotonsillectomy we would advise that your child stays off school/nursery for 2 weeks after the operation.

Following Adenoidectomy we would advise that your child stays off school/nursery for 1 week after the operation.

During the first week, if possible, they should avoid people with coughs and colds to reduce the risk of catching an infection and try to avoid smoky atmospheres.

What do I need to look out for?

It is important to observe your child for signs of bleeding. Seek urgent medical help; dial 999 or take your child to the nearest Emergency Department immediately if your child shows any signs of fresh red blood from:

- **Mouth**
- **Nose**
- **Tear ducts**
- **Ears**

Please be aware that your child may be at risk of bleeding 7-10 days after their operation due to developing an infection.

Whilst your child is sleeping it is important to check for the following:

- Signs of excessive swallowing
- Pooling of fresh blood on the pillow in the back of the neck
- Restlessness
- Changes to breathing pattern e.g. irregular breathing or difficulty in breathing

Seek urgent medical attention, dial 999 or immediately attend your nearest Emergency Department if you are concerned with your child's condition.

If you notice any of the following symptoms please contact the ward from where your child was discharged. Contact details are on the back of this information leaflet.

- High temperature
- Not eating
- Not drinking
- Persistent vomiting
- Swelling to the wound area
- Discharge/wetness from the wound area

If you notice any of the symptoms listed below please seek urgent medical help; dial 999 or take your child to the nearest Emergency Department.

- Severe lethargy/unresponsiveness/floppy child
- Irregular breathing pattern or difficulty in breathing
- Bleeding
- Increased pain
- Unsettled/irritability
- High temperature with cold to touch hands and/or feet and this may indicate an infection that needs treatment
- Shaking generally to the body and limbs
- Change to colour of your child's usual skin tone e.g. pale, red, mottled or blueness, to the lips, nose, fingers, toes or general body

Further Information

This information leaflet was produced using the latest evidence available and is based upon current practice. Further details are available upon request.

If you are concerned, need any more information or have any questions about your child when you get home please contact the ward from which your child was discharged, GP (family doctor) or your nearest Emergency Department.

Ward:

Telephone:

This leaflet has been produced by Ward 5 and the ENT Department at Birmingham Children's Hospital.

Birmingham Women's and Children's NHS Foundation Trust

Steelhouse Lane Birmingham B4 6NH

Telephone 0121 333 9999

Fax: 0121 333 9998

Website: www.bwc.nhs.uk

Produced: May 2014
Review Date: May 2018
Version 1.0.0
CPADS: 40987/14

