

Discharge Advice Following Tonsillectomy and Adenoidectomy

Patient Information

Child Health Department

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It is important that your child is kept away from people who may have a cold or flu. This makes it necessary for them to stay off school for two weeks and avoid crowded areas such as swimming pools, cinemas and supermarkets.

Your child may have some pain, this may be similar to a severe sore throat, they may also complain of earache. To help relieve this pain, paracetamol and ibuprofen may be given according to the instructions given on leaving the ward. If given 30 minutes before meal time it will make eating easier.

Encourage your child to eat and drink as normally as possible. The more your child chews and swallows the easier eating will become, it may help if cool drinks are offered hourly.

It will also help to promote healing and keep the throat free of food particles if your child gargles with half a glass of water half an hour after meals.

If bleeding occurs at home and consists of either a small brown or small red blood loss contact the ward immediately. However, if there is a large amount of red blood loss you should return to the ward immediately.

The colour of the tonsil area will at first look white, then change to yellow – this is quite normal.

It is very important that your child's mouth is kept clean; this will be achieved by regular cleaning of the teeth, after meals and before bedtime.

Please do not hesitate to contact Rainbow Ward 01942 778762 or 778763, open 24 hours per day, if you have any worries about your child's recovery after they have been discharged from hospital.

Please use this space to write notes/reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Personal Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your personal information” leaflet which can be found on the Trust website: www.wwl.nhs.uk/patient_information/Leaflets/default.aspx

This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.

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