

Please use this space to write notes or 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 until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals  
NHS Foundation Trust, Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

### 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 positives and negatives 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 Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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

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# Discharge Advice Following Tonsillectomy and Adenoidectomy

## Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:  
[https:// www.wvl.nhs.uk/patient-information-leaflets](https://www.wvl.nhs.uk/patient-information-leaflets)  
or scan the QR code.



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## When you go home

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 between ten days and two weeks (depending on the exact surgery), and to 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 mealtime 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 attend the Emergency Department 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.

## Contact

**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.**