

....where children's health comes first

POST TONSILLECTOMY & TONSILLOTOMY



ACTIVITY

- Expect your child to be off form for about 10-14 days.
- Your child may go back to school, if they are well after two weeks, however, it often takes them 2 weeks to recover.
- No swimming or excessive exercise for the two weeks.

WHAT SHOULD YOU SEE

• A whitish / yellowish discolouration at the back of the throat is normal.

PAIN RELIEF

Give your child regular paracetamol / Ibuprofen for at least a week (please see pain leaflet)

EATING AND DRINKING

Encourage normal eating and drinking as this will promote healing.

WHEN SHOULD YOU CALL FOR HELP?

- If your child develops a persistent temperature, go to your GP, as your child may be getting an infection and may need an antibiotic.
- Bleeding from the mouth, can occur for up to two weeks following discharge from hospital.
- If you child starts bleeding bright red blood from the mouth, call an ambulance. Get your child to the Emergency Department at Our Lady's Hospital for Sick Children Crumlin immediately.
- If you are outside the Dublin area, go immediately to your local hospital and they will arrange a transfer to Our Lady's Children's Hospital, Crumlin.

For more information on Post-Operative Instruction for Children Post Tonsillectomy / Tonsillotomy, please contact Ear, Nose and Throat Department, Our Lady's Children's Hospital, Crumlin, Dublin.

CONTACT DETAILS: Phone St. Annes Ward – Extn 6522



Our Lady's Children's Hospital, Crumlin, Dublin 12

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Remember: Ask your nurse if you are unsure about anything about your child's care.

Additional instructions

Developed by ENT Dept Date issued: June 2018, Date of review: June 2021

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