

## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

### POST OPERATIVE INFORMATION FOR CHILDREN

### 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

