

BLEEDING may occur up to 10-14 days after surgery. Contact your GP/Hospital **IMMEDIATELY** if bleeding occurs. Common signs of bleeding to look out for:

- Frequent swallowing as blood trickles down the back of the throat.
- Any fresh bleeding from nose or mouth.
- More than one teaspoon of fresh blood in vomit.
- Vomiting more than 3-4 times.
- Severe pain in his/her throat.
- Inability to eat or drink.
- Has a temperature of more than 38 degrees Celsius.
- Your child may be restless but not necessarily in pain.
- He/ she may look pale.

IF BLEEDING DOES OCCUR:

REMAIN CALM AND REASSURE YOUR CHILD

RETURN IMMEDIATELY TO EMERGENCY DEPARTMENT WITH YOUR CHILD

PHONE EMERGENCY DEPARTMENT WHILE EN ROUTE/ DO NOT DELAY.

CUH Children's wards:



Puffin Ward (021) 4922212 / (021) 4922206



Ladybird Ward (021) 4922209 / (021) 4922210



Seahorse Ward (021) 4922187



Paediatric Assessment Unit (021) 4922187

Emergency Department CUH:

021 4920200

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The information in this leaflet is correct at time of development.

Discharge Care Advice Post Tonsillectomy

Information Leaflet for Patients, Parents and Guardians.



Eating & Drinking

- After an Anaesthetic your child can begin to eat a normal diet. Your child may need encouragement when to eat
- Avoid heavily seasoned and spicy foods which may cause irritation
- Eating should take place 30minutes – 1 hour after medication for pain relief
- Encourage plenty of fluids while avoiding fizzy drinks as they may cause pain to the tonsil wound site
- Avoid the use of straws as they may put pressure on the wound site causing pain
- Food and fluids help to clean the tonsil wound site, prevent infection and promote healing
- If your child refuses to eat please contact your GP or local hospital

Hygiene

- Regular hand washing along with correct hand washing techniques are vital to prevent the spread of infection to your child
- Your child should continue to brush their teeth morning and night
- Gargling is discouraged as this disrupts the tonsil wound site and might disrupt clots
- Discourage excessive coughing, throat clearing and nose blowing to prevent disturbing clots

Activity

- It's important to avoid crowded places including crèche/playschool and school for **two weeks** to prevent exposure to possible infection and risk of bleeding
- It's important to avoid contact with anyone who has an infection, cough or cold
- We recommend that your child stays indoors and rests for up to seven days after surgery to promote healing
- On week two, gentle activity can be resumed (or as per Doctors' instructions)

Pain Relief

- Take prescribed medicine for pain relief as instructed by your doctor
- Always follow instructions on the pain relief medicine bottle or packet and do not exceed the recommended dose
- Paracetamol can be given at home every 6 hours for up to two days (or as indicated by Consultant)
- Do not give medication containing Paracetamol more than four times in 24 hours
- Ibuprofen should not be administered to children with asthma, kidney disease or liver disease without checking with your doctor first.
- Distraction techniques can be effective in reducing pain e.g. watching television and providing your child comforts e.g. teddy bear

Medication	Frequency	Next due time
Paracetamol	Every 4-6 hours	
	Max 4 times in 24 hours.	