

ENT Directorate

Tonsillectomy

Discharge Leaflet

Designed by Miss H. Wallace, ENT Consultant
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How should I expect to feel after the operation?

You will have a bad sore throat for up to 2 weeks and may also experience some earache. The sore throat may get worse over the first few days before it gets better.

What pain relief should I take?

You will be given pain relief advice by the Nursing staff before you are discharged. We usually recommend Paracetamol and Ibuprofen. Give these regularly, as directed. Do not exceed recommended dose

Take the pain relief regularly for the first week following surgery as this will ensure the best pain control which enables you to maintain a normal diet.

What can I eat and drink after the operation?

Have as normal a diet as possible after your operation. Regular chewing and swallowing encourages the throat to heal and minimises the risk of post-operative problems.

Avoid citrus fruits and juices (e.g. Orange juice) as these can cause throat pain.

Avoid alcohol and smoking for at least two weeks.

What will my throat look like after the operation?

The area where the tonsils have been removed will appear white whilst healing.

When can I go back to school/ college/ work?

We recommend 2 weeks off school/ college/ work. During the first week, try to limit contact to immediate family only to minimise your risk of getting a post-operative infection. You will be provided with a sick note from the hospital to cover your sick leave.

What are the possible post-operative complications?

There is a small risk of post-operative infection and bleeding. If you are experiencing increasing pain and develop a temperature you may have an infection. Seek prompt advice from your GP as you may need treatment with antibiotics.

What should I do if I have bleeding after the operation?

If you experience bleeding from the nose or mouth or vomit fresh blood, you need to go to the Accident and Emergency Dept at the nearest hospital for urgent treatment.

If you require readmission to hospital, it is likely that you will be transferred to ENT Inpatient Ward at Darlington Memorial Hospital.

Who can I contact if I have any other concerns?

Contact Ward 31 (ENT Inpatient Ward) at Darlington Memorial Hospital on 01325 743502. The Nursing staff will be able to give telephone advice.

Alternatively, contact your GP.