

## At Home

- You are strongly advised to give your child appropriate painkillers on a regular basis for at least 7 days.
- It is very important that they eat a normal diet. This reduces the risk of infection and helps the healing process. If you do not eat, there is a greater risk of infection.
- Encourage your child to drink plenty of fluids.
- Dependent on your child's age—chewing gum is helpful as it keeps saliva flowing, encouraging swallowing.
- Avoid crowded places and people with coughs and colds for 2 weeks.
- Your child should avoid smoky atmospheres.
- The pain can worsen on the 2<sup>nd</sup> or 3<sup>rd</sup> day, but should progressively improve after that.
- No strenuous exercise for two weeks.
- Your child will need to stay off school for **two weeks** after the operation.
- We will telephone you 24 hours after the operation and again if necessary to check on your child's progress.

## Follow Up

We do not normally see patients in the outpatient department after this operation. By two weeks, your child should be eating without pain and be fit to return to school.

If your child has **any bleeding** in the first 2 weeks, contact the children's ward **immediately** on **534691**.

For any other problems, such as nausea, vomiting or increasing pain in the **first 48 hours**, please contact the children's ward. After this time, please contact your own GP or NHS 111.

## During the first 48 hours

The children's ward on **534691**

or

## After 48 hours

NHS 111

**If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

## We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

## Patient Information Leaflet

# Day Case Tonsillectomy

**Produced by:**  
Children's Services

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**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языком, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগেশন PALS টেলিফোনে বা ইংরেজি কথা কভে জিজ্ঞাসা করুন এবং সাহায্য করুন

## What are tonsils?

Tonsils are glands found at the sides and towards the back of the throat. These glands help us fight infection, however; sometimes they fail to do this and are prone to infection themselves. This can be particularly troublesome in children. The main reasons for them being prone to infection are; recurrent tonsillitis, debris collecting in the tonsil and when tonsils interfere with sleeping.

Your child has been put on the waiting list to have their tonsils removed (a tonsillectomy). A doctor/anaesthetist will decide if your child is medically fit for day case surgery.

To be considered for day case surgery:

- 1) Parents must have a telephone; their own transport and live no more than 20 minutes travelling time away from the hospital. There is a small risk of post-operative bleeding after these operations. If this occurs, parents must be able to return their child to hospital without delay. (If parents only have a mobile phone, they must ensure that it is fully charged and in credit).
- 2) No brothers or sisters should accompany patients on the actual day of the operation.
- 3) In addition to the driver of the car, at least one other adult should escort the child for the journey home.
- 4) At least two adults should be responsible for the child during the 24 hour post-operative period.
- 5) You should be prepared to wake at least twice during the night to check on your child.

## Potential risks after surgery

The main risk is bleeding from the throat. This can occur after the operation, usually within the first 6 hours. This is why you will stay in the ward for at least 6 hours after the operation. If bleeding occurs, you may need to go back into the operating theatre.

Bleeding can also occur at about 7 days after the operation and is usually associated with an infection in the throat. You may need to be readmitted to hospital if this happens.

## Before the Operation

The operation is performed whilst your child is asleep under a GENERAL ANAESTHETIC.

It will be performed in the morning.

- Your child should not eat after midnight the day before the operation.
- Your child should not drink after 6am on the day of the operation.
- Between midnight and 6am your child can drink clear fluids, i.e. water, weak squash—NO MILK.
- We advise that you wake your child on the day of the operation before 6am to give them a clear fluid drink.

You need to arrive at Children's Ward at 7.30am on the day of your child's operation.

## After the Operation

- The throat will be painful (similar to an attack of tonsillitis). Your child may also experience some earache.
- You should encourage your child to sit up and to eat and drink.
- You will be given painkillers to give to your child.
- You will stay on the Children's Day Unit for 6–8 hours after the operation.
- The nurses will keep a close eye on your child and check them before you go home.
- When your child is well enough, you can take them home.
- We will give you written postoperative instructions.
- You will be given pain killers and sometimes antibiotics to take home with you.

If for any reason your child is not well enough to go home, then they will admit him/her to the main ward.