

Bleeding can also occur a week or so after the operation. This is usually due to an infection, which can be caused by not eating properly. If this happens, bring your child straight back to the ward for treatment. Another operation is not usually needed.

Soreness of the throat and earache can be troublesome, continue to give pain relief regularly and the pain/discomfort will settle down within a week or so.

### **Further Information**

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Tel: 0845 4647

### **Consent - What does this mean?**

Before any health professional examines or treats you they must have your consent or permission. Consent may be implied (e.g. offering a wrist for taking a pulse) or written (where you sign a form agreeing the treatment/operation). Young people are presumed to be able to give consent depending on their maturity and the nature of the decision.

Where a child is not competent to give consent, only a person (or body) with parental responsibility may consent on the child's behalf. More detailed information is available [www.dh.gov.uk](http://www.dh.gov.uk)

### **Information we hold about you and your rights under the Data Protection Act**

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities!' for further guidance.

### **How to comment on your treatment**

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail [portsmouthhospitals.patientexperience@porthosp.nhs.uk](mailto:portsmouthhospitals.patientexperience@porthosp.nhs.uk)

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## **Tonsillectomy**

Some details about your child's operation



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### **Specialist Support**

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.



This leaflet has been given to you to give you some details about your child's tonsil operation.

### **What are tonsils and why is tonsillectomy necessary?**

You can see your child's tonsils at the back of the throat. The tonsils are made of special tissue, which fights infection. Even without the tonsils, the body can still fight infection because there is plenty of gland tissue elsewhere in the head and neck and through the body that are able to fight infection.

Your child is having lots of problems with frequent attacks of tonsillitis. It is much better to remove the tonsil to stop this from happening.

Sometimes very large tonsils can interfere with a child's breathing. Removing the tonsils solves this problem.

### **Are there any alternatives?**

There are no tablets or medicines that will stop your child from getting tonsillitis. Antibiotics help to make tonsillitis get better but if the tonsils are becoming infected frequently, antibiotics may not work very well. The only way to stop tonsillitis from coming back again and again is to remove the tonsils.

### **What does the operation consist of?**

Your child will have a general anaesthetic and will be completely asleep. The surgeon will remove the tonsils and stop any bleeding. Because your child will be asleep no pain will be felt during the operation.

Your child should be fit to go home the day after the operation.

### **What to do before coming into hospital**

You and your child will be asked to attend the ward the week before the operation is planned. This gives you the opportunity to ask any questions. The doctor will also assess your child to make sure they are fit enough to have surgery. A consent form needs to be signed at this time, so it is important that you or a legal guardian accompanies your child to the clinic.

**Also**, your child's stomach needs to be completely empty before the operation in order to have a safe anaesthetic.

You will be sent instructions explaining when to give your child their last food and drink with your appointment to come into hospital.

### **After the operation**

#### **Pain**

To start with your child will have a sore throat, stiff jaw or maybe even mild earache. All or some of these things are to be expected. You can help your child by giving regular painkillers as directed by your doctor or pharmacist. The types of painkillers we advise are paracetamol (Calpol) and Nurofen for children.

**Please seek advice from your doctor or pharmacist if your child has asthma, before giving Nurofen.**

#### **Food and Drink**

This has a very important part to play in your child's recovery. It is best to give your child whatever they normally have to eat and drink. This will help keep their mouth and throat clear and free from infection.

#### **School**

Two weeks away from school is recommended. All children are different, so it is up to you to decide whether your child needs a few more days to recover.

#### **Out and About**

A few days indoors taking it easy is recommended. Your child should not feel unwell for long, so begin to get back to normal routine as soon as possible. Try to avoid contact with large crowds and anyone with an obvious infection such as a cough or cold for at least a week. Swimming is best avoided for at least three weeks.

#### **Are there any problems after this operation?**

If you follow the advice given here, your child is unlikely to have any problems.

There is a small risk of bleeding from where the tonsils have been removed. This can happen within a few hours after the operation and sometimes a further operation may be necessary to stop this bleeding.