



## Intracapsular tonsillectomy (4 of 5) - What to expect after the operation



**easy-read**



This leaflet is part of the EASY-READ series for people with learning difficulties.

The original leaflet is available [here](#).

# Intracapsular tonsillectomy

PART 4 OF 5

What to expect after the operation

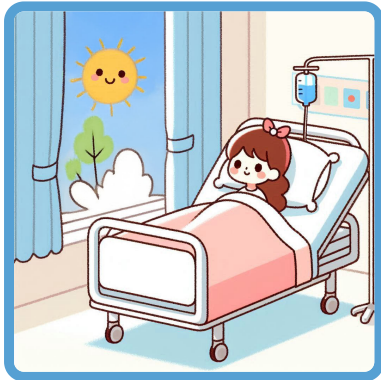


*Click on each of the following questions to discover the answers.*

## WHAT HAPPENS AFTER THE OPERATION?



After the operation, when the anaesthetic has worn off, your child will go to the recovery ward



Most surgery is done as a day-case

This means your child can go home a few hours after the operation



Some children may need to stay the night in hospital and go home the next day

## WHAT SYMPTOMS SHOULD I EXPECT AFTER THE OPERATION?



**SORE THROAT**

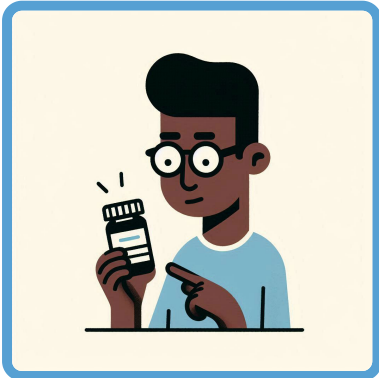
Your child's throat will be sore



**This may get worse 3 to 5 days after the operation**  
**It will slowly get better**



**Give your child painkillers 30 minutes before meals for the first few days**



**Do not give more than it says on the label**



**Do NOT give your child ASPIRIN**

**Aspirin is not safe for children under 16 at any time unless prescribed by a doctor**



**SORE EARS**

**Your child may have sore ears**

**This is normal**



**Having sore ears does not always mean your child has an ear infection**



### **BAD BREATH**

**Bad breath is very common after tonsillectomy**

**Having bad breath does not always mean your child has an infection**



**Drinking lots of water and chewing gum can help**



### **FEELING SICK**

**Some children feel sick after the operation, but not for long**



**Your child may need some medicine for this**



## SWOLLEN UVULA

The dangling bit at the back of your child's throat can swell up after the operation



This can feel like there is something stuck at the back of the throat



It gets better within a few days

It does not usually need medicine



## HIGH TEMPERATURE

Your child may have a high temperature in the first day or two after the operation



This is common. Half of patients may get this

A temperature that quickly goes back to normal should not need antibiotics

## CAN MY CHILD EAT AND DRINK AS NORMAL?



**YES.** Your child **MUST** keep drinking lots of fluids after the operation

They must be able to eat and drink before they can go home



Give your child painkillers **30 MINUTES** before eating to help with pain



Eating and drinking normally will help clean the back of the throat

Eating and drinking normally makes bleeding and infection less likely



If your child does not eat and drink, they may become dehydrated

## HOW LONG WILL MY CHILD BE IN HOSPITAL?



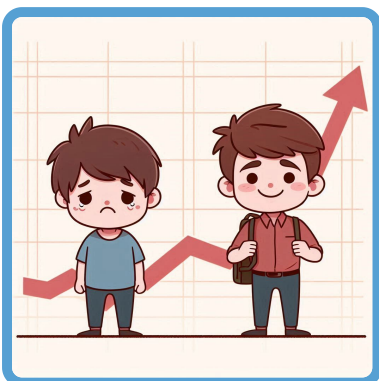
**Your hospital usually aims to do your child's tonsillectomy as a day-case**



**This means your child will be able to go home on the day of the operation**



**Some children may need to stay in hospital for ONE NIGHT**



**This may depend on the age of your child and if they have any other health problems**



**Please discuss this with your child's specialist**



**Your child can only go home when they are eating and drinking and feel better**

## HOW LONG WILL MY CHILD BE OFF SCHOOL?



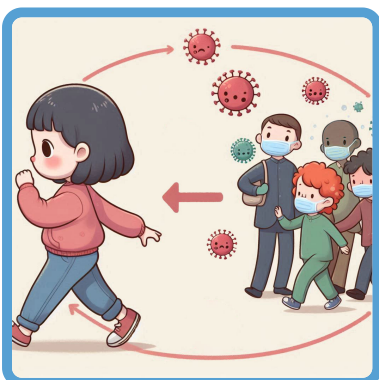
**Keep your child off school for 10 to 14 days**



**Make sure they rest at home away from crowds and smoky places**



**Your child should not do any hard exercise for two weeks to help the throat heal**



**When the throat is healing, your child can pick up an infection more easily**

**Keep them away from people with coughs or colds**



## CAN MY CHILD BRUSH THEIR TEETH?



**YES**

**Your child should brush their teeth to help keep their mouth clean.**

## WILL MY CHILD NEED A FOLLOW-UP APPOINTMENT?



**Not usually**

**Your child's doctor will tell you before you go home if you need an appointment**

### CONTRIBUTIONS TO THIS DOCUMENT



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Patient Information Forum

*ENT UK has recently gained PIF TICK accreditation to become a 'trusted information creator'.*

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Kindly submit your feedback to help us improve our Patient Information Leaflets.

We greatly value your input and appreciate the time you take to provide it.

**FEEDBACK SURVEY**



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