

Discharge information after Tonsillectomy



After care:

- Take your prescribed painkillers regularly. Do not wait for the pain to worsen. This pain may last up to 2 weeks and is often worse on days 4-8 and in the mornings.
- Stop or cut down on smoking – this allows better wound healing and reduces the risk of infection.
- Eat and drink as normal (not just soft food) as soon as possible to help healing.
- Drink plenty of water (2-3 litres per day).
- Any stitches used will dissolve on their own.
- It is common to experience bad breath for up to 2 weeks after tonsillectomy.
- Do not worry if you also experience some earache – the nerve supply to the tonsils and ears is connected.
- **If you have any bleeding, attend your nearest A&E urgently.**

Things to avoid:

- Excessive strain or exercise – you may need up to 2 weeks off work.
- Alcohol, spicy, very hot or acidic foods/drinks e.g. orange juice, for several days.
- Flying for 4 weeks.

Contact the surgical hub, your GP or 111 if you have:

- A raised temperature.
- Severe or worsening redness/swelling.
- Discharge (pus).
- Severe or worsening pain.

Do not worry if your throat looks white or grey – this is not a sign of infection and is a normal part of the healing process.

Post tonsillectomy bleeding:

- This is a common but serious complication of a tonsillectomy.
- The risk is highest in the first 24 hours, then on day 3-4, but can happen at any point in the first 2 weeks after your surgery.
- For this reason, you should aim to stay local for at least the first few days of your recovery.
- It is normal to spit out some blood-stained saliva for the first day after your operation.

Attend your nearest A&E urgently if you experience any fresh red bleeding/blood clots/blood stained or dark vomit.

Additional information:

<https://www.entuk.org/patients/conditions/59/tonsillectomy> for recurrent infections new

Contact numbers



If you have any concerns you can contact:

Suite 9 ENT Outpatients (Monday to Friday 9am-5pm) – **02921 843174**

Surgical Hub (Monday – Friday 7am - 7pm) - **02921 826510 or 02921 826348**