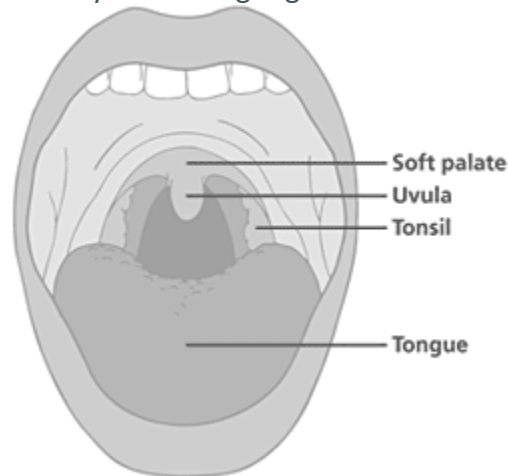




**MYENT**SPECIALIST  
Experts that Care

### **What are tonsils?**

Tonsils are small glands in the throat, one on each side. They are there to fight germs when you are a young child. After the age of about three years, the tonsils become less important in fighting germs and usually shrink. Your body can still fight germs without them.



### **Before your child's operation**

Arrange for your child to have 2 weeks off school. Let us know if he or she has a sore throat or cold in the week before the operation - it will be safer to put it off for a few weeks. It is very important to tell us if your child has any unusual bleeding or bruising problems, or if this type of problem might run in the family.

### **How is the operation done?**

Your child will be asleep. We will take their tonsils out through the mouth, and then stop the bleeding. This takes about 20 minutes. Your child will then go to a recovery area to be watched carefully as he or she wakes up from the anaesthetic. He or she will be away from the ward for about an hour in total.

### **How long will my child be in hospital?**

We suggest keeping children in hospital for one night. They can go home when they are eating and drinking and feel well enough.

### **Possible complications**

Tonsil surgery is very safe, but every operation has a small risk.

- **Bleeding**

The most serious problem is bleeding. About 4 children out of every 100 who have their tonsils out will need to be taken back into hospital because of bleeding, but less than one child out of every 100 will need a second operation.

- **Damage to teeth**

During the operation, there is a very small chance that we may chip or knock out a tooth, especially if it is loose, capped or crowned. Please let us know if your child has any teeth like this.

- **Feeling Sick**

Some children feel sick after the operation. We may need to give your child some medicine for this, but it usually settles quickly.

- **Throat Pain**

The sore throat usually is at its worst 3 days after the surgery and then will get better day-by-day. It can take up to 10 days for the pain to go away completely. Give your child painkillers regularly, half an hour after meals for the first few days. Do not give more than it says on the label. We would suggest the following

- ✓ -Paracetamol suspension every 6 hours for 5 days regularly
- ✓ -Ibuprofen suspension every 8 hours for 5 days regularly

If the pain is not controlled by this stop the paracetamol and use Panadeine Forte every 6 hours **instead**

*Do not give your child aspirin - it could make your child bleed. (Aspirin is not safe to give to children under the age of 16 years at any time, unless prescribed by a doctor).*

- **Sore Ears**

This is normal. It happens because the throat and ears have the same nerves. It does not usually mean that your child has an ear infection. It will get better as the throat gets better

- **Your child's throat will look white**

This is normal for the first couple of weeks while the throat heals. It does not mean that the throat is infected. Rarely some children get a throat infection after surgery, usually if they have not been eating properly. If this happens you may notice a fever and a bad smell from your child's throat. If this happens call your family doctor or the hospital for advice.

## **Things to do after surgery**

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

Make sure he or she rests at home away from crowds and smoky places. Keep him or her away from people with coughs and colds. It is normal to feel tired for the first few days after surgery.

- **Eat normal food**

Eating normal food will help your child's throat to heal. They can have fun foods such as ice cream as well but don't just give them soft food. Normal food will keep the throat clean and it will help the pain too. Always give him or her a drink with every meal. Some children may find spicy or acidic foods uncomfortable for the first week so these are best avoided. Chewing gum for older children stretches the muscles of the throat and also helps the pain.

- **Take the painkillers regularly for 5 days**

It is best to give your child painkillers regularly for the first few days. Don't wait and see if they need them. By day 5 the pain should be getting better and for most children it is only very mild after one week.

- **Keep the teeth and mouth clean**

It is very important to clean your child's teeth after tonsil surgery. Use a small amount of children's tooth-paste to clean the teeth thoroughly after each meal. This will help to stop the throat getting infected. For older children gargling with

- **Bleeding can be serious**

If you notice any bleeding from your child's throat, you must see a doctor. Either call your GP, call the ward, or go to your nearest hospital emergency department.



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## **Useful Numbers**

**Dr John McGuinness**

**Rooms (office hours) 1300 3620715**

**Nurse (8am- 8pm) 0418 824 652**

Campbelltown Private 4621 9111

Campbelltown Public Paeds 46343000

Lifefhouse at RPA 8514 1850

L'pool Public-ENT Registrar 9828 3000

St George Private 9598 5555

St George Public- ENT 9113 1111

St Luke's Hospital 9356 0200