

Pain relief after your child's tonsillectomy

Guidance to parents and carers regarding pain
management following adenoid or tonsil surgery in
children

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What to expect after your operation

Pain and sore throat can commonly occur after the operation. It is important to take regular pain relief at home for a minimum of 7 days to manage this. This will include a combination of paracetamol, ibuprofen, morphine or throat spray.

Bleeding can happen anytime within 2 weeks of the operation. Please urgently attend A & E if there is any:

- Spitting out bright red blood or clots
- Difficulty breathing
- Vomiting dark red or black colour vomit

Pain relief guidance

We will be giving your child pain relief during and immediately after their operation. Once on the ward, we will continue regular pain relief to manage expected post-surgery pain, which should be continued when ready to go home.

A combination of paracetamol and ibuprofen will provide background pain relief. We will prescribe the dose based on your child's weight.

Paracetamol: should be given 4 times a day in evenly spread doses (every 4 to 6 hours).

Ibuprofen: should be given 3 or 4 times a day (depending on prescription) in evenly spread doses (every 4 to 6 hours).

These can be given together or alternating 3 hourly between the two medications.

Liquid morphine can be used for breakthrough pain.

Morphine: up to every 6 hours as required if still in pain despite paracetamol and ibuprofen. Please use the dose as directed by the hospital. This should be discarded 10 days after the operation.

Diffiam throat spray may be prescribed to help with pain relief. This can be given every 2 hours. Try and aim where the tonsils have been removed. If Diffiam is helpful, a further bottle can be purchased from your local pharmacy.

Further advice

What kind of diet can my child have?

Please encourage your child to eat and drink a regular diet. This will help with healing as well as reduce infection risk.

What happens if my child vomits?

Vomiting can be common after an operation. We would encourage your child to get plenty of rest. Try some sips of clear liquids like water or squash and then slowly increase to help maintain hydration.

When can my child return to nursery/school?

We would recommend 2 weeks off nursery or school after their operation.

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www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

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