

## Guidelines after a tonsillectomy

### After the operation

It is important to drink regularly and popsicles are recommended. In principle, your child can eat anything he/she wants. Your child may shower as usual, but not too hot. Hot water causes the blood vessels to dilate. Furthermore, your child is not allowed to swim for 2 weeks.

### Pain control

It is important that the Paracetamol and Diclofenac are given at home, as prescribed. Your child needs these painkillers at regular intervals. This helps to ensure your child drinks well and promotes wound healing.

After the first three days you can give Paracetamol according to your child's pain; but never exceeding the prescribed dose. Under no conditions should you give Aspirine or Chefarine.

### Recovery period

Your child will need some time to recover. This can take anywhere from a few days to a week. Earaches are normal after this procedure. You yourself are best qualified to decide when your child is sufficiently recovered to return to daycare or school.

### Complications

There is a chance of 'subsequent bleeding.' You can see that if your child loses or vomits red blood, has a long-lasting nosebleed, starts to perspire heavily or faints. It is then wise to contact the hospital immediately.

It is normal for your child to have a slightly elevated temperature. However, if your child refuses to drink and develops a fever of more than 38.5 °C, you must contact the hospital.

### Check-up

As a general rule, a check-up appointment is unnecessary. Please pick up your discharge letter for your GP at the reception desk outside the children's ward.

### Accessibility

The Paediatric daycare can be reached during the day via telephone number 020 - 755 7103. The outpatients clinic ENT can be reached during the day via 020 - 755 7029.

In the evening and at night, the hospital can be contacted via 020 - 755 7000. Ask for the head nurse on duty.

### Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).