



Patient Information

Guidelines following Tonsillectomy

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope you have a speedy recovery and that the following instructions will be of help.

Aftercare - You can expect to have a sore throat for approximately one week after having your tonsils removed. You may also experience referred pain in your ear, this is quite normal.

It is recommended that you eat a normal diet, chewing and swallowing will reduce the risk of infection and bleeding.

Try to avoid crowded or dusty places to reduce the risk of contracting an infection. Two weeks away from work is advised. You should rest during this time. It is not necessary to be confined to bed.

If you experience bleeding from your tonsil bed it is important that you seek advice. If you are concerned about the amount of bleeding then return to the hospital Emergency Department or contact the Emergency Services.

Follow up - We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Pain Relief – Pain relief will be prescribed for you to take home. It is advised that you take them regularly for 24-72 hours and then as required without exceeding the recommended dose.



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You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at

Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation.
- Do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).

After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough Road
Swindon
SN3 6BB



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Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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