

## Information and behaviour after tonsillectomy

### General behaviour

The child should avoid everything that increases blood pressure for 3 weeks, such as sports, hot baths and sunbathing. It is important that newly operated children do not come into contact with children who have a cold. Attendance at playgroup, kindergarten or school is possible again 10 days after the operation. Do not leave the child at home without supervision after the operation.

### Nutrition

Give the child only soft food for the first 10 days after surgery. Avoid spicy, acidic, hot or hard foods such as bread crusts or French fries. Hot, acidic and carbonated drinks (such as fruit juices and Coca-Cola) may cause pain and a burning sensation. The most important thing is that the child nevertheless drinks plenty regularly (preferably tea or water).

### Pain

The pain after palatal tonsil surgery can be well relieved with the prescribed painkillers. It is important that the painkillers are given regularly 3 times a day for at least 7 days so that the children can eat and especially drink without pain.

### Oral hygiene

Teeth may be cleaned with toothpaste and toothbrush in the front mouth sections, but not in the back-mouth sections. For oral hygiene, additional rinses, e.g. with chamomile tea, are recommended after meals.

### Personal hygiene

Showering and hair washing are allowed from the 3rd day after surgery.

### Fever

If you have a fever, you should consult your paediatrician or an ENT specialist.

### Postoperative bleeding

In the event of bleeding from the mouth or nose, please report immediately to the emergency ward at the UKBB.

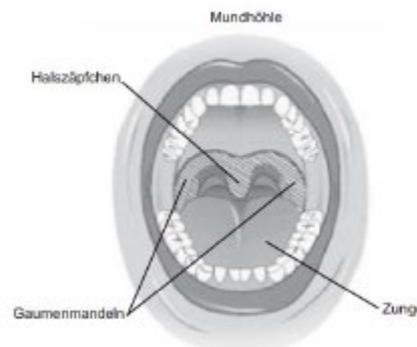
### Emergency telephone

UKBB, Spitalstrasse 33, 4056 Basel, T +41 61 704 12 12



### Procedure of the operation

Palatine tonsillectomy is always performed in children under general anaesthesia. The procedure is performed through the mouth. The palatine tonsils are removed with special instruments. The bleeding vessels are cauterized under vision, specifically with electricity. An open wound area remains, which heals within about 14 days.



### Possible complications and risks

#### Postoperative bleeding

After palatal tonsil surgery, postoperative bleeding may occur up to 2 weeks after the procedure. Usually, this bleeding is mild and harmless and easy to treat. Rarely, rebleeding under general anaesthesia is necessary. Report any bleeding from the nose or mouth immediately to the nursing staff during hospitalization. If bleeding occurs at home, go to the hospital immediately. As an immediate measure, place an ice tie around the neck while still at home.

#### Wound infection

Since an open wound area remains after the operation, there is a risk of infection of the wound, especially since the mouth is not sterile and bacteria are everywhere. The signs of a wound infection are increasing pain and foul-smelling bad breath. The wound infection may appear as early as 2-3 days after the surgery. The attending physician will decide if antibiotic therapy is necessary.

#### Tooth damage

Since the mouth has to be spread open during the operation, damage to the teeth can rarely occur, especially if there was already a defect or loosening of the tooth before the operation.

#### Taste disorder

This occurs very rarely and is the result of stretching of the taste buds by the mouth spreader. Usually the taste disorder disappears within days. Rarely, however, it takes several months to heal.

#### Tweeze

After palatal tonsil surgery, a usually temporary change in the sound of the voice, the open nasal, may occur, especially if the pharyngeal tonsils are removed at the same time.

