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**INFORMATION FOR PATIENTS ON HOSPITAL DISCHARGE**  
**TONSILLECTOMY**

- ◆ It is normal for the throat and ears to be painful for up to 2 weeks. Usually, it gets much better after the first week and eating becomes easier.
- ◆ Be sure to **eat and drink well** over the next two weeks. This will make the throat heal better. Any type of food and drink is allowed. Chewing such as toast, crisps or even gum can be helpful. If you do not take sufficient fluids, and chew some foods, then a secondary infection and dehydration can easily lead to bleeding, which will require urgent treatment.
- ◆ If you have a persistent raised **temperature** or worsening **pain** with smelly breath, there is likely to be an infection. You should get a course of antibiotics from your GP, unless these have already been given.
- ◆ It is important to use sufficient **painkillers**: Paracetamol and Ibuprofen, in the usual doses advised on the packet. If stronger pain relief is required, you might have been prescribed this; for example Codeine Phosphate. Codeine can be taken (by adults) at the same time as Paracetamol and Ibuprofen as an additional analgesia.
- ◆ **Medicating for Children**: Please note that for children under the age of 12 years (or under 18 if they have sleep apnoea), Codeine Phosphate pain-killers are no longer advised or prescribed. However if more powerful analgesia is needed beyond Paracetamol and Ibuprofen, then a small amount of Dihydrocodeine might be prescribed to take home.
- ◆ If **antibiotics** have been given, you must complete the course as indicated.
- ◆ If you experience any **bleeding** from the nose or throat which lasts more than five to ten minutes, you should contact Mr Morrison - see below for emergency contact numbers.
- ◆ You need to take two weeks **off work** following the operation, and avoid too much social contact in this time.
- ◆ **EMERGENCIES**: If you need to contact Mr Morrison for general advice or in an emergency firstly please try the office telephone number 0207 487 4446. If there is no response or you need to contact Mr Morrison out of hours please ring the Hospital and Ward where you were staying (phone numbers given above). The Nurses will be able to get a message to Mr Morrison at home or on his mobile phone so that he can advise. If Mr Morrison is going to be away, he will usually have suggested an ENT Consultant Colleague who will cover.
- ◆ Finally, NHS emergency care is available from the ENT Specialist Registrar on call at Guy's & St Thomas' Hospitals, or from your nearest NHS Hospital with an ENT Department.