

Discharge Advice Following Adult Day Case Tonsillectomy

Good pain relief is important. It prevents suffering and helps you to recover quicker. To help us make sure we get your pain relief right if there is any information you can give us about yourself please inform the nurse and doctor caring for you eg. unable to take certain types of pain relief.

Things you should know

Some people need more pain relief than others. Anxiety increases the pain people feel. After the operation it is common to have a very sore throat and aching around the ears and jaw. After your operation the nurse will ask you if your pain is mild, moderate or severe. This will help us to assess the effectiveness of your pain relief before you go home. The pain may get worse between 5 and 7 days after the surgery and may continue for up to 10 days afterwards.

It is important to eat solid foods because it will help your throat to heal more quickly. Drink plenty of fluids but avoid acidic drinks, such as orange juice, because they will sting. Ensuring good oral hygiene by regularly brushing your teeth and using mouthwash can help prevent infection in the mouth. Do not go to work or school for at least two weeks to reduce the risk of catching infection from other people. Minor bleeding is not usually a cause for concern because in most cases it resolves by itself.

Pain relief at home

Pills, tablets or liquids are used for all types of pain. They take at least 30 minutes to work and should be taken regularly. Do not take more than the recommended dose. Paracetamol is an effective painkiller for most types of pain following surgery. Ibuprofen is a Non-Steroidal Anti-Inflammatory Drug (NSAID) which is commonly used in post-operative pain. Taking a mixture of Paracetamol and Ibuprofen is more effective than either alone. Ibuprofen must be used carefully by people with asthma,



kidney disease, heartburn and stomach ulcers. Codeine or Tramadol are effective painkillers and should be taken regularly with your other prescribed painkillers for at least one week. You will also be given Difflam spray to take home. This medicine helps relieve painful and inflammatory conditions of the mouth. As your pain settles and you are beginning to feel more comfortable, you may reduce the dose and frequency of your pain medications. You are the only person who can judge your pain relief requirements. Remember some pain medications, such as Codeine can make you constipated – it is important to maintain a regular bowel habit. You will be given pain relief / laxative medicines to take home.

NOTE: if any of the following occur, please contact the hospital

- Temperature above 38°C.
- If you have any bleeding, more than a small amount of blood eg. a teaspoonful of bright red blood you must attend your **nearest Accident & Emergency Department, even if it is not Doncaster Royal Infirmary.**
- **Severe pain**, not controlled by the medicine given on discharge contact ward S12 for advice.

Contact Details

Ward S12, Doncaster Royal Infirmary, Tel: 01302 642412.

Patient Experience Team

The team are available to offer advice or information on healthcare matters. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. The team can visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

