

Pain Management Following your Child's Tonsillectomy

Working together to reduce your child's pain

Pain after a tonsillectomy

Following tonsillectomy, your child may experience pain or discomfort for up to 2 weeks. This is quite normal and for that reason your child has been prescribed some analgesia (painkillers). Your child may complain of pain in the ears. This is not uncommon and will be helped by the painkillers prescribed by the doctor.

In hospital

The nurse will give the painkillers regularly. If they do not appear to be controlling your child's pain, the nurse will inform the doctor, as stronger painkillers could be necessary.

Ways you can help

Playing a game, colouring, reading or watching TV is a good idea, as this will help to take your child's mind off the way that he/she is feeling. Your child will feel better and may experience less pain if he/she is not thinking about it.

At home

In order to keep your child as comfortable as possible, it is important to give the painkillers on a regular basis, at the prescribed dose and frequency. Therefore at home we recommend you work out the times of the doses (it is a good idea to write this down so as not to forget), so that the painkillers can be given regularly.

Giving the painkillers about $\frac{1}{2}$ - $\frac{3}{4}$ hour before meals is a good idea, as your child is more likely to eat if their throat is not feeling sore.

Please give the painkillers regularly for at least the first 4-5 days. The painkillers can be given for longer than this if your child requires them.

By giving your child's painkillers regularly, you will be helping to keep him/her as comfortable and pain free as possible. This will benefit your child's experience and will help him/her should he/she ever need another operation in the future.

Different pain medicines explained

■ Paracetamol (Calpol)

Pain medicine for mild/moderate pain.

■ Ibuprofen (Nurofen)

Pain medicine for mild/moderate pain, works well with paracetamol.

■ Diclofenac (Voltarol)

Strong pain medicine, similar to ibuprofen.

Tablet form often used for older children.

Cannot be given at the same time as ibuprofen.

Doctors often prescribe two painkillers because they both work in different ways to relieve your child's pain. Your child will be prescribed the appropriate medicine for his/her age and weight.

If you feel that the medicine is not working, or is not strong enough, please contact your GP who will be able to advise you further.

This information can be offered in other formats on request, including a language other than English and Braille.

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