

You may have sore ears

This is normal. It happens because your throat and ears have the same nerves. It does not mean that you have an ear infection.

Your throat will look white

This is normal while your throat heals. You may also see small threads in your throat – they are used to help stop the bleeding during the operation, and they will fall out by themselves.

Some people get a throat infection after surgery.

Contact the ward

If you have any worries at all about your surgery please phone Sanderson Suite on 01744 646098 or 4B ward on 0151 430 1637 for advice from the nursing staff. Please do not return to the ward before seeking advice from a member of nursing staff.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600



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Removal of Tonsils

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Na żądanie ta ulotka może zostać udostępniona
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Author: ENT Department
Department: ENT
Document Number: STHK1069
Version: 3
Review date: 01 / 09 / 2024

What are tonsils?

Tonsils are small glands in the throat, one on each side. They are there to fight germs when you are a young child. As you get older, the tonsils become less important in fighting germs and usually shrink.

Why take them out?

We only take them out if they are doing more harm than good. We take tonsils out if they cause recurrent sore throats despite treatment with antibiotics. The other main reason for removing tonsils is if they are large and block the airway. A quinsy is an abscess that develops alongside the tonsil, as a result of tonsil infection, and is most unpleasant. People who have had a quinsy therefore often choose to have a tonsillectomy to prevent having another. Tonsils are also removed if we suspect there is a tumour in the tonsil. A rapid increase in the size of a tonsil or ulceration or bleeding occurs if a tumour of the tonsil develops. Tumours of the tonsil are rare.

Do I have to have my tonsils out?

You will not always need to have your tonsils out. You may want to just wait and see if the tonsil problem gets better by itself. The doctor should explain to you why he or she feels that surgery is the best treatment.

Before your operation

Arrange for two weeks off work. Let us know if you have a chest infection or tonsillitis before your admission date because it may be better to postpone the operation. It is very important to tell us if you have any unusual bleeding or bruising problems, or if this type of problem might run in your family.

How is the operation done?

You will be asleep under general anaesthetic. We take the tonsils out through your mouth, and then to stop the bleeding. This takes about 30 minutes.

How long will I be in hospital?

In most hospitals, surgeons prefer tonsillectomy patients to stay in hospital for one night, though in some cases tonsils are removed as a day case procedure. Either way, we will only let you go home when you are eating and drinking and feel well enough.

Possible complications

Tonsil surgery is very safe, but every operation has a small risk. The most serious problem is bleeding. This may need a second operation to stop it. As many as five adults out of every 100 who have their tonsils out will need to be taken back into hospital because of bleeding, but only one adult out of every 100 will need a second operation.

During the operation, there is a very small chance that we may chip or knock out a tooth, especially if it is loose, capped or crowned. Please let us know if you have any teeth like this.

Bleeding can be serious

If you notice any bleeding from your throat, you must see a doctor. Call your GP, call the ward or go to your nearest Emergency Department.

Your throat will be sore

Your throat will be sore for approximately ten days. It is important to take painkillers regularly, half an hour before meals for at least the first week. Do not take aspirin because it may make you bleed.

Eat normal food

Eating food will help your throat to heal. It will help the pain too. Drink plenty of water and stick to bland non spicy food. Chewing gum may also help the pain.