

WHEN TO SEEK MEDICAL ADVICE QUICKLY

If your child has any of the following symptoms, contact a doctor immediately:

- Presence of red, fresh blood in their vomit.
- Fever over 38.5°C for more than 36 hours after the operation,
- Total refusal to drink for more than 48 hours or very low hydration,
- Severe, persistent pain in the neck or ears after the 10th day,
- Suspected otitis,
- Persistence of bad breath after 10 days,
- Greenish-yellow nasal discharge

If in doubt, it is always best to consult a doctor.

Please call the doctor on the number listed on the prescription or call the 24-hour paediatric department on the following number: +352 2862 6521.

IN THE EVENT OF SLIGHT BLEEDING BETWEEN THE 8TH AND 14TH DAY (DETACHMENT OF SCABS)

- Reassure your child,
- Give your child an ice cube to suck on, or a very cold drink,
- Apply a cold gel compress (cold pack) around the neck,
- Settle the child calmly in a temperate room,
- If in doubt or if bleeding persists: don't hesitate to call the paediatric department or 112 if necessary.

If you have any questions, please do not hesitate to contact us.

Thank you for your trust.
The whole team wishes you a peaceful recovery at home.

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9, Rue Edward Steichen, L-2540 Luxembourg
T +352 286 911
www.facebook.com/hopitauxrobertschuman
www.hopitauxschuman.lu

Pediatric inpatient service
T +352 2468 6521

Useful websites
www.acteurdemasante.lu

Please note:

Your questions to ask the doctor and the information provided during their visit:

ADVICE TO SUPPORT YOUR CHILD RETURNING HOME AFTER A:



TONSILLECTOMY

Dear Parents,

Your child has just undergone surgery on their **tonsils**. Here are a few useful tips to make their return home smoother.

POST-OPERATIVE COURSE

A wound forms at the back of the mouth and gradually becomes covered by a scab. This scab will fall off between the 8th and 14th day after the operation. It will then be replaced by granulation tissue, until the complete reconstitution of a new mucosa.

Pain is common, especially when swallowing food or saliva. Pain may radiate to the ears or neck, making it difficult to open the mouth.



FOOD FOR THE FIRST 10 DAYS AFTER THE OPERATION

- Avoid foods that are:
 - Acidic (sweets, citrus fruit, fruit juices),
 - Hot or spicy,
 - Hard or crusty (bread crusts, chips, crisps, pizzas...),
 - Sweet or irritating (biscuits, chocolate, soft drinks).
- Favour cold or lukewarm foods that are easy to swallow.
- Warning: excessive consumption of ice cream or sorbet can lead to intestinal cramps.
- Do not use a straw for 10 days (risk of injury).

DISCHARGE FROM HOSPITAL

Your child will be discharged after a medical review, usually the day after the operation.

During this visit, make sure you have received:

- An appointment for the next check-up,
- A medical prescription,
- Medical certificates for the daycare, school, sport activities,• The certificate for your employer, if required.

Please feel free to ask the surgeon any questions you may have. Thank you for taking the time to reply to the satisfaction survey via QR code

Scan the QR code to access the satisfaction survey in your own language.



Thank you for your participation, it helps us to improve the quality of care.

ON LEAVING THE DEPARTMENT

When you leave the department, please notify the care team and, if applicable, return the access badge.

POST-OPERATIVE ADVICE

Please follow these recommendations at home:

- Drinking water (flavoured or not) helps to keep the scabs hydrated and relieve pain,• Follow pain relief treatment as prescribed by the surgeon and on the basis of your child's pain,
- Oral hygiene: rinse mouth with cold water after meals or cordials,
- Gentle brushing of front teeth can resume on the 1st day post-op,
- Avoid: draughts, sun, excessive heat, intense cold,
- No baths for the first 10 days after the operation. A shower with lukewarm water is possible,
- Do not take any medicines containing aspirin (risk of bleeding)
- No physical activities (gym, swimming pool) and avoid any impact to the head (jumps, trampoline, etc.),
- Avoid contact with sick or flu-ridden people.

WHAT TO EXPECT AFTER THE TONSILLECTOMY

It is normal for your child to experience:

- Vomiting, sometimes brownish, due to the digested blood. In this case, wait a little before offering them water to avoid overloading the stomach.
- Moderate fever (up to 38.5°C) for the first two days.
- Pain in the throat, ears or jaw, especially when swallowing.
- Bad breath can appear as early as day 3, in connection with healing.
- Greater pain around the 5th day, often at the same time as the scabs are starting to come off.
- Reduced appetite: offer cold or lukewarm food that is easy to swallow,
- Ensuring adequate hydration.