

**Any secondary bleeding should be considered as an emergency!**

Secondary bleeding after removal of the pharyngeal tonsils is rare and may occur until the wound has completely healed (generally two to three weeks).

In principle, secondary bleeding can be fatal; there is a risk of bleeding to death or inhaling blood which can pose a risk of suffocation! Therefore, if you/your child experiences even slight bleeding you should visit the emergency team (emergency number 144) at your nearest ENT department without delay.

**Important during transportation:**

- Cold compresses/ice pack around the neck
- Lateral position with the mouth downwards so that any blood can be spat out
- Do not swallow the blood; spit it out instead!
- Do not give the patient anything to eat or drink and do not give any medication!

**We hope to have answered all your potential questions with this information and wish you/your child a speedy recovery.**

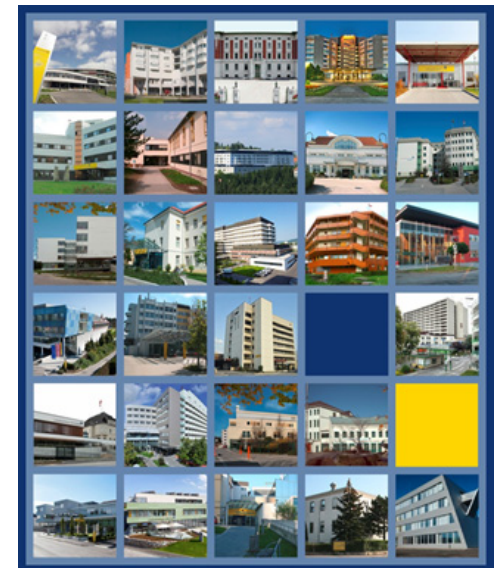
Your ENT team

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## Ear, nose and throat department

### Discharge information



## Behaviour after a pharyngeal tonsillectomy (adenoidectomy, „polyp removal“)

## Behaviour after a pharyngeal tonsillectomy

### Dear Patient,

You/your child has undergone a pharyngeal tonsillectomy (also referred to as removal of the 'adenoids', or 'polyps' in children). Further to our information sheet, discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department. Please observe the following for the most favourable treatment outcomes:

Avoid physical exertion	1 week
Avoid sport and physical education classes	1 week
Hot baths, swimming and sunbathing should be avoided	2 weeks
No pre-school/school	1 week
Medical check-up after	1 week

## Behaviour after a pharyngeal tonsillectomy

Your child should not be left alone for one week and should be constantly monitored; they should sleep close to their parents/guardians at night.

### Post-operative pain

It is rare to experience pain in the neck area. Pain medication is rarely required, and must only be taken after medical prescription (increased risk of bleeding caused by taking some pain medication, e.g. Aspirin®!)

### Other information

The nose may be blocked for a few days after surgery.

A small amount of blood particles often appear in the nasal discharge for a few days. Careful nose-blowing is permitted after three to four days.

## Behaviour after a pharyngeal tonsillectomy

### Food and drink

The following should be avoided for up to one week after discharge:

- too hot, acidic and spicy food,
- citrus fruits, fruit juices, carbonated drinks.

### Personal hygiene

Teeth can be brushed using a mild toothpaste (e.g. children's toothpaste) from the first day after surgery, because the toothbrush does not come into contact with the wound area.

Showering and hair washing is permitted, although only with lukewarm water; do not bend your head forwards. Full baths should only be taken after two weeks.