How to make a nasal douche:
- Take 240 ml previously boiled and cooled water equal parts: 1/4 tsp salt 1/4 tsp bicarbonate of soda
- Mix all together in a cup
- Lean over a sink and sniff solution into each nostril
- Use all of the solution, letting it run out of your nose into the sink between sniffs
- Blow nose afterwards and wait for 10 minutes before using usual topical intranasal spray.

New guidance from DoH published March 2015 (replaces 2006 version) on what to do if you think a child is being abused: https://www.gov.uk/government/publications/what-to-do-if-youre-worried-a-child-is-being-abused--2

ENT slot: with thanks to Mr Sunil Sharma
What to tell parents about tonsillectomy (SIGN guidelines)

- No role for throat swabs in the management of tonsillitis
- Most common performed operation in ENT surgery
- Usually daycare procedure, unless significant co-morbidities or severe OSA
- Children require 2 weeks off school; in the first week the pain will get worse before it gets better (up to day 6)
- Encourage eating and drinking as soon as possible after surgery, any food is ok
- It’s normal to have white slough in the tonsillar fossae (where tonsils used to be) after surgery (represents healing tissue)

Indications:
- Chronic tonsillitis (≥7 documented episodes of tonsillitis in the preceding year, or ≥5 documented episodes of tonsillitis in each of the preceding 2 years, or ≥3 documented episodes of tonsillitis in each of the preceding 3 years)
- Previous history of ≥2 peritonsillar abscesses/quinsy
- History suggestive of obstructive sleep apnoea
- Asymmetrical tonsils
- Risks of infection, bleeding (up to 2 weeks post operation, any bleeding should be assessed in hospital), pain and damage to teeth

SIGN guidelines: http://www.sign.ac.uk/guidelines/fulltext/117/

Fairly helpful parent information at: http://www.nhs.uk/Conditions/Tonsillitis/Pages/Treatment.aspx but warn them about some of the blog posts below the article - 63 in all. Many are from adults undergoing tonsillectomy and the risk of bleeding is far less than the tone of the posts would suggest. http://www.kidshome.org.nz/tonsillectomy-and-adenoidectomy/