

### **What is tonsillectomy and how was performed, recovery, risks?**

Tonsillectomy as performed on a general anaesthetic, patient is completely sleep and unaware of the procedure. Surgery takes 30 minutes with the anaesthetic the whole procedure may take anywhere between 45 and 60 minutes. It is commonly done as a day stay procedure but in some patients we may keep you overnight. Once you are asleep, a special mouth gag was placed in the mouth to open and visualise the tonsil area tonsil was removed by Coblation technique. Coblation is a special device which uses plasma technology with cold water irrigation during the procedure to reduce the temperature around any significant tissue damage. Coblation technique is now commonly used throughout the world and has the benefits of less pain, faster recovery, faster return to normal activity and eating. Photographs and link provided for video-

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3523437/>

<https://www.youtube.com/watch?v=FJLY-ZHZhM0>

Tonsillar operation is the painful procedure in terms of recovery and the pain may last anywhere between 10 and 14 days. During this period you will be advised to take strong pain relief and you should take this regularly even when the pain is minimal. You should try to eat and drink normally keep hydration up at most times. There is a small risk (2-3%) of post tonsillectomy bleeding in the first 10-14 days .The amount of blood could be a small drop of blood, teaspoon or half a cup of blood that could come from one of the tonsillar fossae during the recovery. The tonsillar bed can look white or yellow in colour but this is normal. Should the bleeding occur you should suck some ice and cold water and usually 95% of this bleeding settles within half an hour. If the bleeding continues you should go to the emergency department at the nearest hospital or contact your surgeon. You may have to stay in hospital overnight, usually they are there is a very low chance of you having to return back to theatre for control of bleeding. Referred ear pain or swallowing related feeling of lump in the throat sensation is common after tonsillectomy for several weeks.



*Image of tonsillitis*



*image of tonsils removed with coblation*

### **What is adenoidectomy and how is it performed, recovery, risks?**

Adenoidectomy is done under a general anaesthetic, inserting a special mouth gag to open mouth, then using a mirror or endoscope to visualise then, the adenoids are removed with a coblation wand or suction monopolar device. Usually Minimal or no pain/ nor bleeding compared to tonsil surgery,

Post-operative bad breath (halitosis) for a week is common. Children can return to normal activity after 2 days.

***Commonly asked questions following tonsillectomy adenoidectomy...***

1. If you are booked in as a Day surgical procedure of tonsils and adenoids usually go home after 4 hours occasionally we will keep you in for more than 6 hours. If you live alone or live 60 minutes from hospital we will also keep you in hospital overnight unless you have other comorbidities (other medical problems).
2. You should plan for 10-14 days away from work or study for full recovery. Many are back to full activity by day 7 with Cobalation technique. You should try and eat full normal diet with plenty of fluids and take all medications prescribed. He may want to avoid going to the gym, parties, and social gatherings or undertake overseas flight to 14 days after surgery. Gentle exercise, walk in the park is permitted.
3. You should avoid aspirin-containing medication or other homeopathic medication that may increase the risk of bleeding during the recovery period.
4. If you have severe pain despite taking all medications as prescribed contact your surgeon who could prescribe them short-term medications to relieve your pain. Infection is uncommon following this procedure but if it does occur you may need a course of antibiotics.
5. There may be a change in your voice, taste, mild neck pain following surgery but this should all improve within the first 4 weeks
6. There is no evidence that your immunity will be lowered following tonsillectomy, adenoidectomy.