

Tonsillectomy (Adult)

What Is A Tonsillectomy?

Tonsillectomy is a surgical procedure performed to remove the tonsils, which are small masses of tissue located at the back of the throat. In adults, tonsillectomy may be recommended to address chronic or recurrent tonsillitis, sleep-disordered breathing, or other tonsil-related issues that significantly affect quality of life.

What Are The Surgical Approaches?

Tonsillectomy can be performed using different surgical techniques:

1. **Traditional Tonsillectomy:** In this approach, the tonsils are removed through the mouth using surgical instruments. The surgeon typically uses a scalpel, electrocautery, or other specialised tools to dissect and remove the tonsils.
2. **Coblation Tonsillectomy:** This technique uses controlled radiofrequency energy and saline solution to dissolve and remove the tonsil tissue. It aims to minimise damage to surrounding structures and reduce post-operative pain.

What Does It Involve?

Tonsillectomy is usually performed under general anaesthesia. The surgeon removes the tonsils through the mouth using the chosen technique. The tonsil tissue is carefully dissected and removed, and any bleeding is controlled before the surgical site is closed.

How To Prepare?

Preparation for tonsillectomy involves discussing your medical history, current medications, and allergies with your healthcare provider. You may need to fast for a specific period before the procedure, as directed by your healthcare team. Inform your healthcare provider about any recent illnesses, as the surgery may need to be rescheduled if you're unwell.

How Long Does It Take?

The duration of tonsillectomy varies based on the chosen technique and the complexity of the case. On average, the surgery typically takes around 30 minutes to 1 hour.

What Happens After?

After the surgery, you will be monitored as you awaken from anaesthesia. You might experience some temporary throat pain, discomfort, or difficulty swallowing. Pain relief medication and specific aftercare instructions will be provided. It's important to stay hydrated and follow a soft diet to minimise discomfort during the recovery period.

Recovery times vary depending on the extent of the surgery and the individual's healing process. Most

patients can return home on the same day as the surgery. You'll need to avoid activities that could disrupt healing, such as strenuous exercise and consuming hot or spicy foods.

Full recovery might take a couple of weeks, during which time the throat pain and discomfort should gradually subside. Attend follow-up appointments to monitor your progress and discuss any concerns that may arise during your recovery.