



Procedure Information Sheet

Introduction

Excision of palatine tonsils

Indication

- Recurrent/Chronic tonsillitis
- Peritonsillar abscess
- Obstructive sleep apnea syndrome(OSAS)/Snoring
- Biopsy for histological diagnosis
- Tonsillar malignancy
- Provide exposure for other head and neck surgery

The Operation / Procedure

The operation is done under general anaesthesia. The tonsils are removed through the mouth.

Before the Operation / Procedure

1. Inform your doctor of any medical condition and any medication you are taking. The medications may need to be adjusted as appropriate.
2. Intended benefits and expected outcome
 - 2.1 Reduce tonsil/throat infection
 - 2.2 Relieve sleep apnea / reduce snoring
 - 2.3 Provide histological diagnosis
 - 2.4 There is chance of incomplete removal of disease and recurrence after initial improvement
3. Conditions that would not be benefited by the procedure
 - 3.1 Throat problem not attributed by the tonsils

After the Operation / Procedure

1. You will have sorethroat and some swallowing difficulty after the operation which will last for a few days
2. A small amount of blood stained saliva is normal. However, if you experience persistent bleeding from the mouth, you must attend the nearby emergency department.
3. See the doctor as scheduled

<p>Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____</p>
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Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
2. Common risks and complications ($\geq 1\%$ risk)
 - 2.1 Bleeding
 - 2.2 Pain
 - 2.3 Infection
 - 2.4 Local trauma to oral/oropharyngeal tissues
3. Uncommon risks with serious consequences ($< 1\%$ risk)
 - 3.1 Teeth injury
 - 3.2 Jaw injury
 - 3.3 Voice changes
 - 3.4 Upper airway obstruction
 - 3.5 Postoperative pulmonary edema
 - 3.6 Cervical spine injury
 - 3.7 Death due to serious surgical and anaesthetic complications
4. Consequences of no treatment
 - 4.1 Recurrent tonsillitis or peritonsillar abscess and its complications
 - 4.2 Complications of untreated OSAS
 - 4.3 No histological diagnosis for suspected tonsillar tumour

Alternative Treatment / Investigation

1. Repeated antibiotic to treat recurrent infection
2. Nasal continuous positive airway pressure (CPAP) device for OSAS
3. Radiotherapy / Chemotherapy for malignancy

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart patient website by Hospital Authority: Tonsillectomy (2/2020)

Patient's Label
 Patient Name: _____
 Hospital No: _____
 Episode No: _____

Patient's Signature: _____ Date: _____