

## Surgery & Cancer Division – Ear, Nose & Throat (ENT)

### Tonsillectomy

#### Introduction

Your ENT Consultant has recommended a tonsillectomy which is a surgical procedure to remove your tonsils. Frequent episodes of tonsillitis are usually the most common reason you will be required to have a tonsillectomy. Frequent tonsillitis is defined as:

- At least seven episodes in the preceding year
- At least five episodes per year for the past two years
- At least three episodes per year for the past three years

You will be provided with a written information leaflet that details your specific surgery when you attend the ENT Outpatients Department.

If you do not receive written information please contact the ENT Outpatient Department, on 01270 612206.

#### Guidance for Patients

**A tonsillectomy is usually performed as a short-stay procedure under general anaesthetic**

- Your mouth will be held open, and the tonsils are removed using either scissors and a dissector, or a special surgical tool that uses electricity to dissect the tissue and stop bleeding.
- The operation takes around an hour in total.
- After the operation, it is important that you rest, drink plenty of fluids, and eat as normal as possible.
- You will have to take regular painkillers as you will experience a very sore throat.

#### What should I do if my health is deteriorating?

If you feel your symptoms are deteriorating, please contact your GP or NHS 111 for medical review in the first instance. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your ENT team to discuss their findings in more detail and determine a management plan.

#### Contact Us

Admission Date - Please contact the ENT Scheduling Team 01270 273390