



Procedure Information - Tonsillectomy

Visit No.: Dept.:
Name: Sex/Age:
Doc. No.: Adm. Date:
Attn. Dr.:
Patient No.: PN

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

*Please fill in /
affix patient's label*

Introduction

Excision of palatine tonsils

Indications

1. Recurrent/Chronic tonsillitis
2. Peritonsillar abscess
3. Obstructive sleep apnea syndrome (OSAS) / snoring
4. Biopsy for histological diagnosis
5. Tonsillar malignancy
6. Provide access for other head and neck surgery

Intended Benefits and Expected Outcome

1. Reduce tonsil/throat infections and sleep apnea/ snoring
2. Provide histological diagnosis
3. There are chances of incomplete removal of disease and recurrence after initial improvement

Conditions that Would Not Be Benefited by the Procedure

1. Throat problems not attributed by the tonsils

The Procedure

1. The operation is done under general anesthesia
2. The tonsils are removed through the mouth

Risk and Complication

There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.

Common Risks and Complications ($\geq 1\%$ risk)

1. Pain
2. Infection
3. Bleeding
4. Local trauma to oral/oropharyngeal tissues

Uncommon Risks with Serious Consequences (<1% risk)

1. Teeth injury
2. Jaw injury
3. Voice changes
4. Upper airway obstruction
5. Postoperative pulmonary edema
6. Cervical spine injury
7. Death due to serious surgical and antiesthetic complications



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Before the Procedure

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications
2. Change to operation attires and remove loose objects (e.g. dentures, jewelry, contact lens etc.)
3. Fast for 6-8 hours before the operation
4. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.

After the Procedure

1. You will have sore throat and some swallowing difficulty after the operation which will last for a few days.
2. Follow up on schedule as instructed by your doctor.
3. 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.

Alternative Treatment

1. Antibiotic to treat infection
2. Radiotherapy/ chemotherapy for malignancy
3. Nasal continuous positive airway pressure (CPAP) device for OSAS

Consequences of No Treatment

1. Recurrent tonsillitis or peritonsillar abscess and its complications
2. Complications of untreated OSAS
3. No histological diagnosis for suspected tonsillar tumor

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Patient / Relative Name

Signature

Relationship (if any)

Date