

You will then be directed to the relevant ward.

b. Ward admission

You are usually required to get admitted 1 day prior to surgery. The surgeon, anaesthesia doctor and nurse will review you upon admission. You will need to be fasted for at least 6 hours before the surgery.

iv. Operation

a. Anaesthesia:

For the surgery, you will go under general anaesthesia with endotracheal intubation.

b. Surgery:

You will be lying on your back with head extended (Rose’s position). Incision will be made in the mucous membrane. Tonsils are grasped with tonsil-holding forceps and removed using tonsillar dissector.

c. Initial recovery:

You may have some nausea, and/or sore throat after the operation. Your doctors will advise you when it is safe to start eating. In general, you will be asked to start with clear fluids, before progressing to nourishing fluids and foods.

d. Home advice:

i. Supervision: You will be given a follow-up clinic appointment for one to two weeks following discharge. Should there be any concerns prior to that, you can come to ENT clinic during office hour. After office hour, please go to the emergency department.

ii. Activity: Your doctors will guide you on suitable levels of activities during your recovery process. Avoid strenuous activities.

iii. Diet: Eat a well-balanced diet including vegetables and fresh fruits. Drink at least 6 to 8 glasses of fluids daily. Avoid hot food and beverage.

iv. Complications: Watch out for fever, bleeding and other complications.

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TONSILLECTOMY

What is tonsillectomy?

A tonsillectomy is a surgical procedure to remove the tonsils. Tonsils are two small glands located in the back of your throat. They are made up of masses of immune cells commonly found in lymph glands (lymphoid tissue).

Why would I need a tonsillectomy?

Tonsillectomy is indicated if you have:

- i. Recurrent tonsillitis
- ii. Peritonsillar abscess
- iii. Tonsillitis causing febrile seizure
- iv. Tonsils enlargement causing obstructive sleep apnea
- v. Suspicious of malignancy such as lymphoma or squamous cell

What are the risks of tonsillectomy?

In general, tonsillectomy is a safe procedure. Your doctor will have determined that the benefits of the surgery outweigh the risks, before recommending it. The risks of the surgery depend on many factors:

1. Anaesthesia complication:

Please refer to the anaesthetic patient information leaflet.

2. Surgery:

During operation:

- i. Bleeding
- ii. Injury to your oral cavity or teeth
- iii. Aspiration of blood

After operation:

- i. Bleeding
- ii. Infection
- iii. Tonsillar remnant
- iv. Lingual tonsils enlargement

How is tonsillectomy done?

i. Before the surgery

Pre-admission clinic procedures:

You will have been reviewed by the ENT team who will have confirmed the indication for the procedure. You will be referred to the pre-anaesthetic clinic, so that any medical issues can be sorted out beforehand. Both surgical & anaesthetic teams will want accurate information on:

a. Details on your health

Important details to inform your doctors include whether you have any conditions like diabetes mellitus, hypertension, heart, lung or kidney disease, or have had any hospitalizations or operations in the past, as well as any complications that may have arisen. Your doctors would also want to know about any conditions that run in the family.

b. Medications

Your doctors will want to have a complete list of all medications, including traditional/alternative medications/supplements that you are taking. It is important that you inform them of ALL medications that you are taking, as even supplements may interact with the drugs that are needed to perform the operation. Some may cause increased surgical complications such as

You must also inform your doctors of any ALLERGIES, including to food.

ii. Preparing for admission

a. Important documents

Ensure that you have all relevant documents with you (identity card/passport, guarantee letters - employers or insurers etc.), and sufficient funds for the deposit. If you have trouble walking long distances, it is advisable to bring/request a wheelchair.

b. Medications

Your doctors will have told you if you need to stop certain medications before the operation, and when to do so. These would include blood-thinning medications like aspirin and warfarin.

iii. Arrival to UMMC

a. Registration

You will need to register at the admission counter on Level 1, Menara Selatan (South Tower), UMMC.