

What are Tonsils and Adenoids?

Tonsils are lymph-like soft tissue located on both sides of the back of the throat. Along with adenoids (soft tissue behind the nose), tonsils help your body fight infection by producing antibodies to combat bacteria that enter through the mouth and nose.

Approximately 600,000 people have their tonsils removed each year. Now there's a gentler procedure.

Why have your tonsils removed?

Tonsils and adenoids can cause health problems when they become infected or obstruct normal breathing or nasal/sinus drainage. Recurring infections in the tonsils can lead to chronic tonsillitis. Symptoms include fever, persistent sore throat, redness of the tonsil area, yellow discharge on the tonsils, and tender lymph nodes on both sides of the neck.

Enlarged tonsils are the most common reason for a person to have a tonsillectomy.

In addition to blocking the throat, enlarged tonsils may interfere with normal breathing, nasal sinus drainage, sleeping, swallowing and speaking. They may also aggravate snoring and can even cause an alarming condition called sleep apnea which involves an occasional stoppage of breathing.

After the Procedure

Your doctor or nurse will provide post-operative instructions, which may include antibiotics and oral rinses for up to 1 week. Some minor pain medication may also be prescribed.

It is common for patients who have undergone Coblation Tonsillectomy to feel better than expected following their surgery, with most patients resuming a normal diet and activities within just a few days.

Therefore, it is critical that the patient avoid vigorous activity, such as sports, running, and hanging from the monkey bars for 14 days after the procedure. This will help to reduce their risk for complications such as postoperative bleeding.¹

Potential Tonsillectomy Complications

Patients should discuss the possible risks and complications associated with any procedure performed under general anesthesia (including tonsillectomy) with their doctor.

For all tonsillectomy procedures, in addition to general anesthesia risks, 2-3% of tonsillectomy patients can experience post-op bleeding (up to 5-10 days after surgery). Fever can be present, and dehydration and weight loss can occur, especially among children who won't eat or drink due to pain.

¹ Reference: Stoker KE, Don DM, Kang DR, et al. Pediatric total tonsillectomy using coblation electrosurgery compared to conventional electrosurgery: A prospective, controlled single-blind study. *Otolaryngology, Head and Neck Surgery* 2004; 130(6): 666-675.



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COBLATION® TONSILLECTOMY

What is Coblation® Tonsillectomy?

Unlike traditional tonsillectomy procedures, which remove tonsils by burning, Coblation is an advanced technology that combines gentle radiofrequency energy with natural saline — to quickly, and safely remove tonsils. Because traditional procedures use high levels of heat to remove the tonsils, damage to surrounding healthy tissue is common. Coblation does not remove the tonsils by heating or burning, leaving the healthy tissue surrounding the tonsils intact.



The innovative approach of Coblation results in minimal pain and rapid recovery for patients.

Coblation has been used in nearly three million procedures by surgeons in ear, nose, and throat (ENT) and other areas of medical specialty.

How Are Chronic Tonsil Problems Usually Treated?

Depending on symptoms, and the frequency of infection, tonsils are typically treated with antibiotics or removed surgically in a procedure called a tonsillectomy.

Doctors typically recommend performing a tonsillectomy based on the following guidelines:

- 3-4 episodes of infectious tonsillitis per year for three consecutive years
- 5 episodes of infectious tonsillitis per year for two years
- 7 episodes of infectious tonsillitis in one year

Your doctor may suggest visiting an ENT surgeon to see if your child (or you) needs surgical removal of the tonsils.

How is Coblation Tonsillectomy Performed?

Coblation uses radiofrequency energy and natural saline, not heat, to gently dissolve tonsil tissue and remove the infected or enlarged tonsils. Coblation Tonsillectomy is a quick outpatient procedure that takes less than 30 minutes, and is performed in an operating room with general anesthesia. Most patients stay in the hospital only a few hours.



Why Is Coblation Tonsillectomy A Better Choice?

Patients report a better overall experience with Coblation Tonsillectomy after surgery when compared to traditional procedures. Studies show that patient calls and visits to the doctor due to complications after surgery are significantly less with Coblation Tonsillectomy.¹

Because of tissue damage caused by the heat of traditional tonsillectomy procedures, patients often take up to two weeks to return to a normal diet and to resume normal activity. Coblation Tonsillectomy is the gentle alternative offering a rapid recovery and minimal pain, with most patients resuming a normal diet and activities within just a few days.

Am I a Candidate for Coblation Tonsillectomy?

If your doctor recommends your tonsils and/or adenoids be removed, you are a candidate.

If your doctor recommends having your tonsils and/or adenoids removed, then Coblation may be the best solution for you.

Ask your physician about the benefits of Coblation® Tonsillectomy today.