

# + What you should know

Intracapsular Tonsillectomies

**Smith+Nephew**

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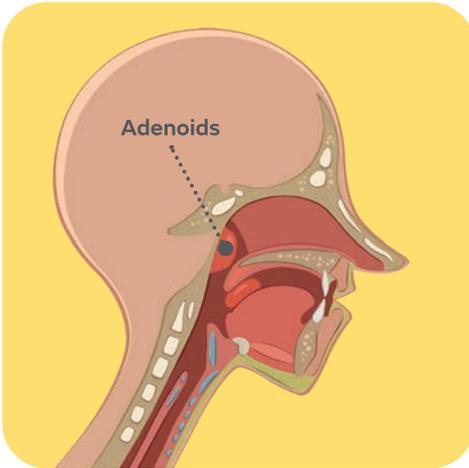
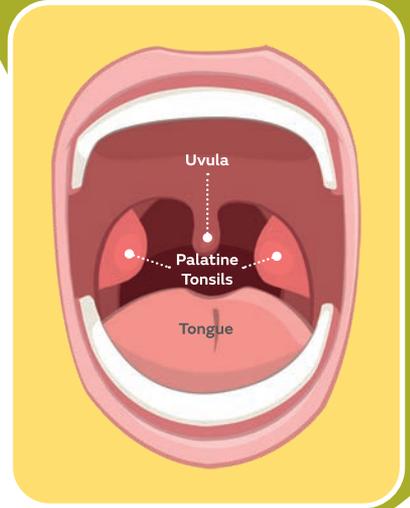


# Tonsils + Adenoids

## What are tonsils and adenoids?

**Tonsils** are fleshy masses of lymphatic tissue found in the throat, or pharynx. There are four different types of tonsils: palatine, pharyngeal (commonly referred to as the adenoid), lingual, and tubal. When we use the term 'tonsils' we are typically referring to the **palatine tonsils**.

Humans have two **palatine tonsils** located at the back of the throat, one on each side of the uvula. In their healthy state, they produce antibodies to battle bacteria that enter through your mouth or nose.<sup>1</sup>



Your **adenoids** (pharyngeal tonsils) are located high in the throat, behind the nose and cannot be seen without special instruments. Like palatine tonsils, the **adenoids** help your body ward off infection by fighting germs that enter through your mouth or nose.<sup>1</sup> **Adenoids** grow from birth through the first 6 or 7 years of life and begin to shrink by adolescence.

## Why do some people have their tonsils removed?

Tonsils are removed for two main reasons:

- 1. Recurrent infection of the tonsils<sup>1</sup>**
- 2. Tonsillar hypertrophy (enlarged tonsils)<sup>1</sup>**

Tonsillar infection leads to inflammation and swelling (tonsillitis), which can be very painful. A patient who develops tonsillitis repeatedly, in a relatively short amount of time, is said to have recurrent tonsillitis. To treat recurrent tonsillitis, doctors may consider removing the tonsils and adenoids.<sup>2</sup>

Enlarged tonsils, by contrast, are typically not painful, but in some cases they can block the throat or restrict airflow during breathing.<sup>1</sup>

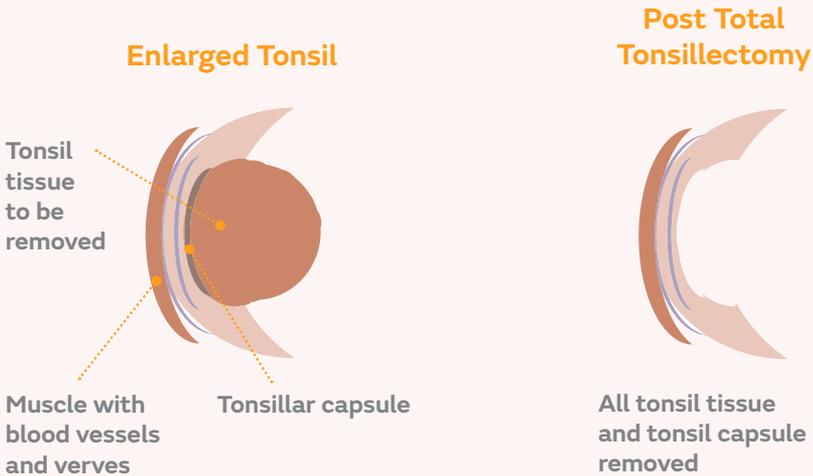


## Tonsillectomy

If non-surgical remedies are not helping your condition your doctor may recommend surgical removal of your tonsils as a treatment. This treatment is known as a tonsillectomy.<sup>1</sup>

### Traditional tonsillectomy

Traditional tonsillectomies remove the entirety of the tonsil exposing the muscle underneath which is rich with nerves and blood vessels. The benefit of a traditional (or total) tonsillectomy is the lack of regrowth of the tonsil, but it can be a painful procedure with an inherent risk of bleeding after the procedure, which can lead to serious complications in rare cases.



# COBLATION<sup>o</sup> technology for Intracapsular tonsillectomy<sup>5</sup>

COBLATION technology for Intracapsular tonsillectomy removes the tonsil tissue while leaving the tonsillar capsule intact, thus protecting the muscle underneath. Since fewer nerves and vessels are exposed, a COBLATION technology intracapsular tonsillectomy is less painful and the likelihood of bleeding after the procedure is drastically reduced.\* There is a very small chance the tonsils may regrow and another procedure may be necessary.<sup>5</sup>

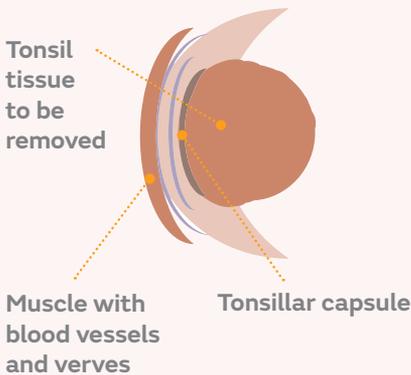
\*When compared to a traditional tonsillectomy.



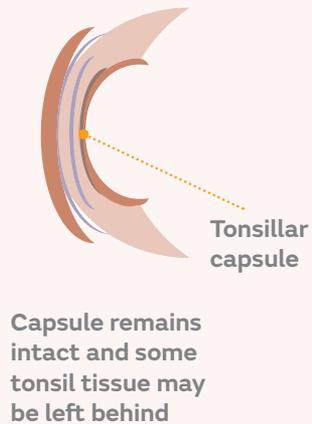
**99%**  
RECOMMEND

**99% of parents would recommend an intracapsular tonsillectomy<sup>4</sup>**

## Enlarged Tonsil



## Post Intracapsular Tonsillectomy



## What are the risks and benefits of an intracapsular tonsillectomy?

A COBLATION<sup>®</sup> intracapsular tonsillectomy uses COBLATION<sup>®</sup> technology to remove tonsil tissue at relatively cooler temperatures than other technologies.\*

\*When compared to a traditional tonsillectomy.



**COBLATION Technology**  
40-70° Celsius<sup>3</sup>



**Electrosurgery**  
400-600° Celsius<sup>3</sup>

It has been shown to reduce pain and the occurrence of bleeding during the healing process, which can be a serious complication. Additionally, patients receiving an intracapsular tonsillectomy typically return to school or normal activity more quickly than those receiving a traditional tonsillectomy.<sup>4</sup>

**Any questions  
or concerns you  
may have should  
be discussed  
with your doctor.**

## Surgery information

Tonsillectomies usually last about thirty minutes to an hour, and are outpatient procedures, which usually means the patient can go home after surgery. However, if there are complications, or if surgery is performed on a young child, an overnight stay may be necessary.



To learn more about your tonsils, tonsillectomy procedures, and treatment options, visit [www.MyTonsils.com](http://www.MyTonsils.com) and speak to an ENT.

Local contact information:

Learn more at [smith-nephew.com](http://smith-nephew.com)



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## References

**1.** Tonsils and Adenoids. ENT Health Powered By American Academy of Otolaryngology–Head and Neck Surgery. Copyright 2019. American Academy of Otolaryngology–Head and Neck Surgery Foundation. Last reviewed February 2019. **2.** Mitchell, RB, Archer, SA, Ishman, SL, et al. Clinical Practice Guideline: Tonsillectomy in Children (Update). Otolaryngol Head Neck Surg. 2019; February (Suppl). Copyright 2019. American Academy of Otolaryngology–Head and Neck Surgery Foundation. Last reviewed February 2019. **3.** Coblation™ Technology. ArthroCare. P/N 23847 Rev. C. May 2013 **4.** Hoey AW, Foden NM, Hadjisymeou Andreou S, et al. Coblation® intracapsular tonsillectomy (tonsillotomy) in children: A prospective study of 500 consecutive cases with long-term follow-up. Clinical Otolaryngology, December 2017, Volume 42, Issue 6, Pages 1211-1217. **5.** Kim JS, Kwon SH, Lee EJ, et al. Can Intracapsular Tonsillectomy Be an Alternative to Classical Tonsillectomy? A Meta-analysis. Otolaryngology–Head and Neck Surgery. Article first published online: April 18, 2017; Issue published: August 1, 2017; Volume: 157 Issue: 2, page(s): 178-189