

Coblation tonsillotomy

This new technique has revolutionised the field of tonsil surgery. At present, the commonest indication for tonsil surgery in children is snoring and sleep apnoea.

Obstructive sleep apnoea (OSA) in children is mostly due to large sized tonsils and adenoids. The treatment for this involves reduction in the size of tonsils and adenoids thereby creating more space for the children to breath.

Coblation tonsillotomy (Coblation intracapsular tonsillectomy) involves removing all the tonsillar tissue up to the tonsil capsule using a special instrument called coblater which produces minimal bleeding and post operative pain. Since the tonsil capsule is left behind, it prevents any trauma to the throat muscles (constrictor muscle) and also to large blood vessels which are situated outside the capsule. Hence, this surgery is less painful and has a rapid recovery than the traditional tonsillectomy which involves removing the whole tonsil including capsule which exposes the muscle and large blood vessels.

You might wonder, if the tonsil would grow back. Studies so far have shown that the chances of requiring another operation to remove the regrown tonsil tissue is minimal.