

Tonsillectomy and adenotonsillectomy

Indications for surgery are

- Recurrent documented tonsillitis requiring antibiotic treatment (>7 episodes in one year; >5 episodes in each of the previous 2 years; >3 episodes per year for 3 years)
- Recurrent quinsy
- Obstructive sleep apnoea in children
- Suspected neoplasm
- Recurrent tonsilloliths and halitosis

Information Required

- Presence of red flags
- Duration of symptoms
- Treatment prescribed
- Child's age and weight (children < 2 years of age or weight < 15 kgs must be referred to the Women's and Children's Hospital)

Helpful Investigations

- Epstein Barr Virus Serology, Full Blood Count

Approved by Prof Eng Ooi

Date:

Fax Referrals to

- ENT Clinic Fax: 8374 4928

Red Flags

- 🚩 Unilateral tonsillitis or tonsillar enlargement in a smoker
- 🚩 Abnormal imaging with suspected malignancy is reported

Suggested GP Management

For recurrent tonsillitis

- Oral antibiotics

For recurrent large tonsilloliths

- Oral rinses e.g. curasept, dilute hydrogen peroxide (1:3 with water)
- Referral indicated only if meets indications above

Clinical Resources

The Australian Society of Otolaryngology Head and Neck Surgery (ASOHNS) [Indications for Tonsillectomy and Adenotonsillectomy in Children-Joint Position Paper of the Paediatrics & Child Health Division of the Royal Australasian College of Physicians and ASOHNS-July 2008](#)

Patient Information

<http://www.asohns.org.au/about-us/patient-information/reports-submissions>

<http://www.aafp.org/afp/2011/0901/p566.html>

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1	November 2014	November 2016	Original
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