Removal Of Tonsils (Adult)

Removal Of Tonsils (Tonsillectomy)

Removal of tonsils, also known as a **tonsillectomy**, is a surgical procedure to take out the tonsils. The tonsils are two small glands located at the back of your throat that help fight infections. However, in some cases, they can become swollen, infected, or cause breathing issues, leading to the need for removal.

When Is Removal Of Tonsils Recommended?

Although tonsillectomy is common in children, adults may also require the procedure, especially if they suffer from:

- Frequent or severe tonsillitis
- Persistent sore throats or throat infections
- Difficulty swallowing due to enlarged tonsils
- Loud snoring or obstructive sleep apnoea (breathing pauses during sleep)
- Tonsil stones causing bad breath

Your ENT consultant may recommend tonsil removal if other treatments, such as antibiotics, have not helped.

What Happens During Tonsil Removal Surgery?

Tonsillectomy is performed under general anaesthetic, so you'll be asleep and won't feel pain during the operation. The procedure usually takes 30–45 minutes, and most patients can go home the same day.

Your surgeon will carefully remove your tonsils through your mouth, without any external cuts or stitches.

What Are The Risks?

Tonsil removal is a **safe and routine procedure**, but like any surgery, there are some risks, including:

- **Bleeding** – Slight bleeding is common, but heavy bleeding is rare
- **Infection** – Uncommon, but can be treated with antibiotics if needed
- **Pain** – Sore throat and earache are normal for the first 1–2 weeks
- **Damage to teeth or lips** – Rare, but minor injuries can occasionally occur
- **Anaesthetic risks** – Extremely rare, but your anaesthetist will discuss them with you before surgery

Your ENT specialist will explain all risks before the procedure and answer any questions you may have.

Recovery After Tonsil Removal

It's normal to experience throat pain, mild earache, and discomfort for **one to two weeks** after surgery. Pain usually peaks a few days after the procedure before gradually improving.

Tips for a smooth recovery:

- Take **painkillers** (paracetamol or ibuprofen) regularly as advised
- Drink **plenty of fluids** to stay hydrated
- Eat **soft foods** and avoid spicy or acidic foods in the first few days
- Avoid **heavy lifting or intense exercise** for two weeks
- Gargle with **saltwater** if recommended by your consultant
- Avoid **smoking**, as it can slow healing

Most people feel well enough to return to work within **one to two weeks**, depending on their job.

When to seek medical advice:

Contact your doctor if you experience:

- **Heavy or persistent bleeding** from your throat

- **High fever** or signs of infection
- **Severe pain** not relieved by painkillers
- **Difficulty drinking fluids** or signs of dehydration

Why Choose Birmingham Head And Neck Clinic For Tonsil Removal?

At Birmingham Head and Neck Clinic, our experienced ENT surgeons provide expert care tailored to your individual needs to ensure safe, effective treatment in a comfortable setting.

Contact Us

If you're struggling with tonsil problems and considering **removal of tonsils (adult)**, we're here to help. We look forward to supporting your journey to better health.