Evidence in Focus

COBLATION® intracapsular tonsillectomy shows excellent results for both obstructive and infective symptoms

Exceptionally low rate of complications noted in long-term study of patients

Study Design

Long-term prospective study of 500 consecutive paediatric cases undergoing COBLATION intracapsular tonsillectomy (mean age, 5.1 years; range, 6 months to 18 years)

Indications for treatment:
- 252 (50.4%) obstructive symptoms
- 228 (45.6%) Combination of obstructive symptoms & recurrent tonsillitis
- 18 (3.6%) recurrent tonsillitis

Key Results

- Significant improvements in T-14* scores for both infective and obstructive symptoms as well as combined symptoms at 7.4 months postoperative (p<0.0000001)
- Majority returned to nursery or school within one week (mean, 6.7 days)

0.4 % (2/500) suffered small secondary bleeds, which settled spontaneously at home without return to surgery

2.4% (12/500) underwent revision surgery

0% readmitted for pain

Conclusion

- COBLATION for intracapsular tonsillectomy showed an extremely low rate of complications and rapid recovery for patients
- These results compare favourably with those reported in the literature for extracapsular tonsillectomy

Considerations

- This is a large prospective study with a follow-up period beyond two years
- Previously, limited published work has evaluated intracapsular tonsillectomy in patients with a history of tonsillitis
- Results were from a single tertiary paediatric centre, with patients almost exclusively under the care of the senior author