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Webinar

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Coblation Intracapsular Tonsillectomy in Children with Recurrent tonsillitis: Initial Experience

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Objectives:

The use of Coblation intracapsular tonsillectomy has been described for the treatment of sleep disordered breathing (SDB) / obstructive sleep apnoea (OSA). However, the results for tonsillitis as the predominant indication for surgery are not as clear. We present our initial results from 80 paediatric cases undergoing Coblation intracapsular tonsillectomy for infective indications.

Design:

Prospective case series, January 2016- July 2018, all with completed follow-up

Setting:

Secondary paediatric otolaryngologic practice

Participants:

80 consecutive patients (age range 2-16 years and mean 7.2 years) undergoing Coblation intracapsular tonsillectomy (with or without adenoidectomy) predominantly for infective reasons although some also had concomitant adenoidectomy for snoring/sleep disordered breathing.

Main Outcome measures: We utilised the validated T14 tonsil symptom questionnaire pre- and postoperatively and also collected data regarding postoperative complications.

Results:

Mean follow-up was at 13 months postoperatively. 38 children had tonsillitis (with or without snoring) and 42 children had SDB in combination with tonsillitis. The mean over-all total T14 score was 32.7 preoperatively and 2.7 postoperatively ($p < 0.0001$). The mean infective score was 22.1 preoperatively and 1.5 postoperatively ($p < 0.0001$). The mean SDB score was 10.6 preoperatively and 1.5 postoperatively

($p < 0.0001$). There were no cases of haemorrhage, re-admission or regrowth noted.

Conclusion:

Coblation intracapsular tonsillectomy appears to be a safe and effective technique for treating children with recurrent tonsillitis. Future studies should incorporate longer term follow-up.

Recent Publications

Varadharajan K, Choudhury N, Saleh HA. [Septo-columelloplasty - anchoring the caudal septum to anterior nasal spine using a hypodermic needle as a trocar.](#) Clin Otolaryngol. 2018 Aug 29.

Varadharajan K, Choudhury N. [Current practice in the surgical management of parathyroid disorders: a United Kingdom survey.](#) Eur Arch Otorhinolaryngol. 2018 Oct;275(10):2549-2553.

Varadharajan K, et al. [Complications Associated with the Use of Autologous Costal Cartilage in Rhinoplasty: A Systematic Review.](#) Aesthet Surg J. 2015 Aug;35(6):644-52.

Varadharajan K, et al. [Use of tracheal stenting in the palliation of anaplastic thyroid carcinoma: tertiary centre experience.](#) J Laryngol Otol. 2015 Jun;129(6):568-71.

Varadharajan K, Narula A. [Paediatric ENT standards in London: are we delivering a first- class service? A repeat audit.](#) Clin Otolaryngol. 2016 Feb;41(1):82-5.

Biography

Kiran Varadharajan is an otolaryngology registrar training the South of England currently working at Great Ormond Street Hospital for Children. He is a member of the Royal College of Surgeons of England. He has a Master of Surgery from Anglia Ruskin University in otorhinolaryngology.

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