

## **Information for Consent** **Tonsillectomy 扁桃體切除術**

### **Introduction 簡介**

Excision of palatine tonsils  
切除扁桃體

### **Indications 適用情況**

1. Recurrent/Chronic tonsillitis  
復發性或慢性扁桃體炎
2. Peritonsillar abscess  
扁桃體邊膿腫
3. Obstructive sleep apnea syndrome (OSAS) / Snoring  
阻塞性睡眠窒息症及鼾症
4. Biopsy for histological diagnosis  
活組織檢查
5. Tonsillar malignancy  
扁桃體惡性腫瘤
6. Provide access for other head and neck surgery  
手術進路

### **Intended Benefits and Expected Outcome 預期結果**

1. Reduce tonsil/throat infection  
減少扁桃體/咽喉感染
2. Relieve sleep apnea / reduce snoring  
減輕睡眠窒息 或 打鼾
3. Provide histological diagnosis  
病理診斷
4. There are chances of incomplete removal of disease and recurrence after initial improvement  
有機會不能全部清除病灶和病症有可能復發

### **Conditions that Would Not be Benefited from the Procedure 手術不能解決的問題**

Throat problems not attributed by the tonsils  
非扁桃體引致的咽喉問題

### **The Procedure 手術過程**

The operation is done under general anaesthesia. The tonsils are removed through the mouth.

手術會在全身麻醉下進行。醫生會經口腔切除扁桃體。

### **Risk and Complication 手術風險或併發症**

There are always certain risks and complications of a surgical procedure. Our medical staff will take every preventive measure to reduce the risk of complications.

手術有風險和可能有併發症，醫務人員將盡力減少發生併發症的機會和風險。

### **Common Risks and Complications 常見風險和併發症 ( $\geq 1\%$ risk/風險)**

1. Bleeding  
出血
2. Pain  
疼痛
3. Infection  
感染
4. Local trauma to oral/oropharyngeal tissues  
口腔／口咽部損傷

### **Uncommon Risks with Serious Consequences 不常見的嚴重風險或併發症 (<1% risk/風險)**

1. Teeth injury  
牙齒損傷
2. Jaw injury  
下頷損傷
3. Voice changes  
聲音改變
4. Upper airway obstruction  
上呼吸道阻塞
5. Postoperative pulmonary edema  
術後肺水腫
6. Cervical spine injury  
頸椎損傷
7. Death due to serious surgical and anaesthetic complications  
由於手術或麻醉的嚴重併發症引致死亡

### **Before the Procedure 手術前準備**

Inform your doctor of any medical condition and medications you are taking. Medications may need to be adjusted as appropriate.

請告訴醫生你的醫療及服藥情況。可能需要對藥物作恰當的增減。

### **After the Procedure 手術後須知**

1. You will have sorethroat and some swallowing difficulty after the operation which will last for a few days.  
手術後會出現喉痛及少許吞咽困難，情況會持續數日。
2. A small amount of blood-stained saliva is normal. However, if you experience persistent bleeding from the mouth, you must attend the nearby emergency department.  
唾液少量帶血乃屬正常。假如出現持續口腔出血，請立即前往就近急症室求診。

### **Alternative Treatment 其它治療方法**

1. Repeated antibiotics to treat recurrent infection  
感染發生時用抗生素治療
2. Nasal continuous positive airway pressure (CPAP) device for OSAS  
正壓呼吸機治療阻塞性睡眠窒息症
3. Radiotherapy / Chemotherapy for malignancy

放射治療,化療治療扁桃體惡性腫瘤

**Consequences of No Treatment** 不治療的後果

1. Recurrent tonsillitis or peritonsillar abscess and its complications  
復發扁桃體炎或扁桃體周邊膿腫復發和出現併發症
2. Complications of untreated OSAS  
阻塞性睡眠窒息症的併發症
3. No histological diagnosis for suspected tonsillar tumour  
不能準確診斷懷疑扁桃體腫瘤

**Follow Up** 手術後跟進

See the doctor as scheduled  
請依期覆診

**Remarks** 備註

This is general information only and the list of complications is not exhaustive. Other unforeseeable complications may occasionally occur. Actual risk may be different in specific patient groups. For further information, please contact your doctor for details.

本單張只提供有關手術的基本資料，可能發生的風險或併發症不能盡錄。某類病人的風險程度亦會不同。如有查詢，請聯絡你的醫生。