

Tonsillectomy

The tonsils are two small glands at the back of your throat. They're part of your immune system that helps to fight off infections. This is achieved by trapping bacteria and viruses that enter your body through your mouth or nose. However, when the tonsils become infected or swollen, they can cause a range of health problems, from recurrent sore throats to sleep apnoea. Removal of the tonsils will not affect the immune system function as your body has many other tissue like lymph glands.

If tonsil problems persist, your Consultant may recommend tonsil surgery so you can get back to feeling your best.

What is a tonsillectomy?



A tonsillectomy is a surgical procedure that involves the removal of one or both tonsils. It's usually done as a day case procedure under general anaesthesia and takes about 20 to 30 minutes to complete.

Tonsil removal surgery can be a treatment for a range of health issues including:

- **Chronic tonsillitis:** If you have recurrent episodes of tonsillitis, where you experience symptoms like sore throat, difficulty in swallowing, fever, etc
- **Recurrent quinsy:** An abscess around your tonsil due to tonsillitis
- **Sleep apnoea:** If you're struggling to breathe and experiencing pauses in breathing during sleep
- **Enlarged tonsils:** If you have enlarged tonsils that cause difficulty in breathing, swallowing, or speaking, then tonsillectomy can help in improving these symptoms
- **Cancer:** In rare cases, tonsillectomy may be performed to remove cancerous cells from the tonsils

A tonsillectomy can be either done through the traditional method (extra-capsular tonsillectomy) or the more gentle coblation technique (intra-capsular tonsillectomy).

Prices & payment

We offer a guide price from:

Private tonsillectomy
From £3,370

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Ali Al-lami

KIMS Hospital+2 locations

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Miss Pei-Pei Cheang

Available at
KIMS Hospital

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Mr Robert Hone

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Mr Paul Kirkland

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Mr Jerome Lim

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Mr Sri Mahalingam

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Tonsillectomy FAQs

Are there any risks with a tonsillectomy?

Like any surgical procedure, a tonsillectomy has some risks associated such as infection, bleeding, pain and dehydration. Your Consultant will discuss these risks with you ahead of your surgery.

How long will it take to recover?

The recovery process after tonsillectomy usually takes about 1-2 weeks. During this time, it is important to follow your Consultant's instructions and get plenty of rest. Painkillers and other medications may be prescribed to relieve pain and discomfort.

What can I eat?

Stick to soft foods that are easy to swallow, such as soups, cooked pastas, mashed potatoes,

soft fruit and yogurt.

Avoid foods that are crunchy or have sharp edges. Irritants such as spicy foods, acidic foods and alcohol could also irritate the throat and delay the healing process.

It's also important to drink plenty of fluids to avoid dehydration.

What is the cost of private tonsillectomy at KIMS Hospital?

A private tonsillectomy at KIMS Hospital starts from £3,370. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.