Caution: During the puncture the underlying tonsil fibrous capsule must not be penetrated. To prevent damage to underlying vessels and nerves the coagulations should not be positioned too close to the tonsil fossa bed and tonsil pillars. (The distance between the coagulations and the critical structures can be increased by pulling the tonsils median.)

The resulting thermal lesions were arranged to each other in a distance as shown in Fig. 2. The number of lesions depends on the size of the tonsil. The average number of punctures is 4 to 5.

From time to time during the treatment, the needle has to be cleaned due to the high protein content of the tonsil tissue. I use a cotton swab soaked with saline.

Fig.2 図２
Position of coagulations in the tonsils
扁桃での凝固箇所

Therapeutic effect: 治療効果:

The coagulations (thermal lesions) are resorbed by body-own processes. This results in a volume reduction of the enlarged tonsils (see Fig. 3). The average volume shrinkage is 1/3 to 1/2 (35-50%).

Usually one treatment session is sufficient, especially in children. In adults, in some cases a second session may prove necessary.

Fig.3 図3
Therapeutic effect.
Findings preoperative (left) and 3 weeks postoperative (right)
治療効果。術前(左) 術後3週間(右)