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Editorial note for Tonsillectomy

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Tonsils are the set of organs lymphoid organs lying in the digestive tract and it is composed of four different kinds of tonsils namely adenoid tonsil, two tubal tonsils, two palatine tonsils, and the lingual tonsils. The term tonsils broadly refer to palatine tonsils. These are the human's first line of defense and act against and viruses that enters through the mouth. But sometimes the tonsils themselves are infected. The tonsils are composed of the tissue similar to that of lymph nodes covered by pink colored mucosal lining. The mucosa of the tonsils is interrupted by pits called crypts. They are the part of the lymphatic system and a play a role in immune system. They are swollen in response to the infections.

Tonsillitis is the condition of inflammation of the tonsils as a result of infection; it may be a bacterial or viral infection. The symptoms of this condition includes Red, swollen tonsils, White or yellow coating or patches on the tonsils, Sore throat, Difficult or painful swallowing, Fever, Enlarged and swollen tonsils etc. the types varies with the duration of the infection period. It is classified into 2 main types.

- **Acute tonsillitis:** The tonsils are infected by the bacteria or viruses and results in inflammation in tonsils and sore throat.
- **Chronic tonsillitis:** the condition of regular infection or continuous episodes of acute tonsillitis is called as chronic tonsillitis.
- **Peritonsillar abscess:** the infection sometimes leads to the formation of a pus pocket very next to the tonsil pushing it towards the opposite side. It must be drained with the abscess drainage treatment using a needle.

- **Acute mononucleosis:** it is usually caused by Epstein-Barr virus; "mono" causes severe swelling in the tonsils, fever, sore throat, rash, and fatigue.
- **Strep throat:** this is caused by the infection of streptococcus viruses. Symptoms include fever, neck pain and sore throat.
- **Tonsillitis:** tonsil stones are formed when the debris is calcified.

The treatment of tonsillitis depends on the type of infection and the severity of the condition. Sometimes the swelling reduces on its own, while few cases require surgical removal of tonsils. Tonsillectomy is defined as the surgical procedure for the removal of tonsils. Tonsillectomy is carried out only in severe conditions of chronic tonsillitis. It is not carried out when the infection occurs for once or twice. The intake of anti-inflammatory pills must be prohibited two weeks before the surgical procedures, as use of these drugs can increase the risk of bleeding during and after surgery. The patients need to fast after midnight before the tonsillectomy procedures. It means he/she shouldn't eat or drink. There are several different methods to carryout tonsillectomy among which the cold-knife dissection method is the most commonly used. This method involves the use of a scalpel. Another method used is ultrasonic vibration (sound waves) and burning of the tissues through the process called cauterization. The procedures usually take half an hour. The risks involved with the implement or use of this procedure are swelling, infection, bleeding. Patient might have sore throat, neck, and ear and mouth pain in the first two to three days after the surgery. The patient is asked to stay hydrated without affecting the throat and to include soft food like oatmeal, ice-cream, pudding etc.

