

# **The role of adjuvant therapies and techniques in tonsillectomy.**

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## **Abstract:**

Tonsillectomy is one of the most frequent operations performed worldwide. However, surgical technique and perioperative adjuvant therapies vary greatly. New instruments are constantly being implemented in attempts to decrease the morbidity and operative time of tonsillectomy. Presently, no single surgical technique has been shown by clinical trial to be most effective. Additionally, a myriad of adjuvant therapies used during the perioperative period have been developed to improve outcomes after tonsillectomy. Positive results in randomized controlled trials, with clinical significance, have been published recently. Perioperative topical antibiotics and postoperative topical sucralfate decrease postoperative pain; in the intraoperative antiemetics, ondansetron and granisetron, decrease postoperative emesis; intraoperative intravenous dexamethasone decreases postoperative laryngospasm; and postoperative ibuprofen increases posttonsillectomy hemorrhage rates. Other adjuvant therapies are also discussed. © 2000 Lippincott Williams & Wilkins, Inc.