



MARYLAND ENT ASSOCIATES
EAR • NOSE • THROAT
FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

Informed Consent for Adult Tonsillectomy

Purpose of the Surgery

This surgery removes the tonsils in the back of the throat, usually for repeated infections or sleep-disordered breathing.

Alternatives

- Continued medical management with antibiotics or observation
- CPAP if related to sleep apnea

Benefits

- Relief from recurrent throat infections
- Improved breathing and sleep
- Less sore throat episodes

Risks and Possible Complications

- Pain for 1–2 weeks
- Bleeding (can be serious, sometimes requiring return to hospital)
- Infection
- Changes in voice or swallowing
- Risks of anesthesia

After Surgery

- Pain control and hydration are very important
- Expect scabs in the throat that fall off after about a week
- Avoid strenuous activity for 2 weeks
- Call if there is bleeding

Patient Acknowledgment

I understand:

- Why I need this surgery.
- The alternatives.
- The risks, benefits, and possible complications.
- That no outcome can be guaranteed.

I have had the chance to ask questions, and all my questions were answered in a way I understand.

Patient (or Legal Guardian) Signature: _____ Date: _____

Physician/Witness Signature: _____ Date: _____