

### **Long term results of outpatient tonsillectomy in Danish ear- nose and throat practices**

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**Introduction:** The objective was to evaluate the long term results of outpatient tonsillectomy in Danish ear, nose & throat (ENT) practices in terms of satisfaction, quality of life (QoL), and relief of symptoms.

**Methods:** A telephone interview was carried out at least three years after tonsillectomy. Alternatively, a questionnaire was filled in by the patients. The answers were compared to a pre-operative questionnaire.

**Results:** The response rate was 63 % (386/614). No differences were found between the responders and the non-responders except that the proportion of smokers was higher in the non-respondent group. QoL improved significantly and 93 % were satisfied with having chosen tonsillectomy. Ninety five percent experienced completely or partly relief from their former throat related symptoms. Eight to 11 % had developed new symptoms from the throat including sleep disordered breathing.

**Conclusion:** With regard to QoL, satisfaction and relief of symptoms, long term results of outpatient tonsillectomy in Danish ENT practices are comparable to those obtained among hospitalized patients as well as international standards. However, due to the fact that approximately ten percent develop new symptoms the physicians have to pay attention to indication as well as information during shared decision making with the patients/parents to adjust expectations.