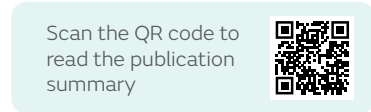


COBLATION<sup>◇</sup> Intracapsular Tonsillectomy (CIT) compared with total tonsillectomy: a systematic literature review and meta-analysis<sup>1</sup>



Background

- Total tonsillectomy represents the standard surgical treatment for obstructive sleep apnoea (OSA) and recurrent tonsillitis<sup>2</sup>
- 20% Of paediatric otolaryngologists perform intracapsular tonsillectomies in the USA<sup>3</sup>
- The residual tissue preserved in intracapsular tonsillectomy techniques, such as CIT, may act as a 'biological dressing' to protect the underlying musculature and reduce post-operative pain<sup>4,5</sup>

Literature identified<sup>1</sup>

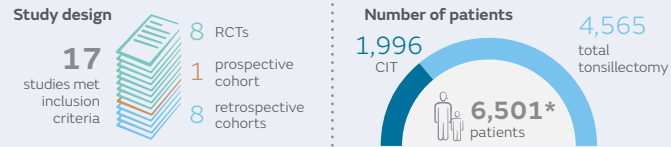
A systematic literature search was conducted to identify comparative studies evaluating CIT and total tonsillectomy

Initial searches identified 1,287 articles  
After screening 17 relevant studies were included in the analysis:

- Inclusion criteria**
- ✓ Comparative studies of CIT and total tonsillectomy
  - ✓ Primary clinical empirical research
  - ✓ Full-text in English
  - ✓ N>5
  - ✓ Indications were recurrent tonsillitis and/or OSA

- Exclusion criteria**
- ✗ Studied radiofrequency somnoplasty
  - ✗ Conference abstracts
  - ✗ Insufficient information to classify procedure as CIT
  - ✗ Pooled CIT data with other partial tonsillectomy techniques

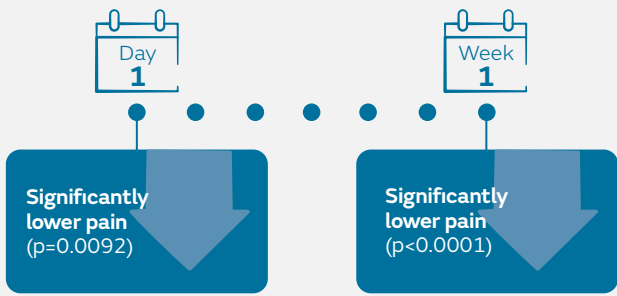
Systematic literature review and meta-analysis analysed:



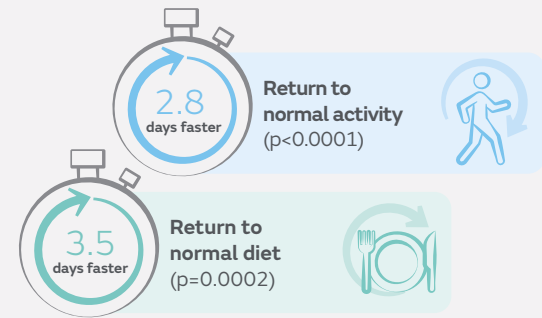
Results<sup>1</sup>

Compared with total tonsillectomy patients, CIT patients demonstrated the following improved outcomes:

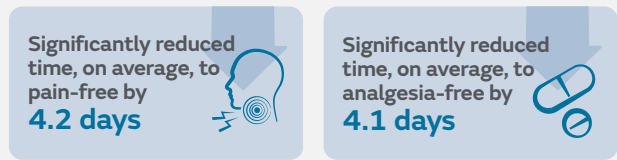
Pain



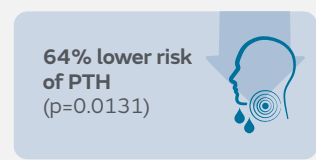
Return to normal activity and diet



Time to pain-free and analgesia-free



Likelihood of post-tonsillectomy haemorrhage (PTH)



Conclusion<sup>1</sup>

This meta-analysis of comparative studies demonstrates that CIT leads to reduced post-operative morbidity and likelihood of post-tonsillectomy haemorrhage, compared with total tonsillectomy, including reduced pain and faster return to activity, while maintaining the efficacy of the procedure.

CIT = COBLATION Intracapsular Tonsillectomy; OSA = obstructive sleep apnoea; PTH = post-tonsillectomy haemorrhage; RCT = randomised controlled trial; USA = United States of America.

\*Total number of patients does not equal the sum of the number of patients undergoing CIT and other tonsillectomy techniques, as patients in three studies underwent procedures on both tonsils, with a different technique on each, and were counted once in this total.

References

1. Sedgwick MJ, Saunders C, Bateman N. Intracapsular tonsillectomy using plasma ablation versus total tonsillectomy: a systematic literature review and meta-analysis. *OTO Open*. 2023;7:e22. 2. Messner A. Tonsillectomy. *Oper Tech Otolaryngol*. 2005;16:224–228. 3. Huoh KC, Haidar YM, Dunn BS. Current status and future trends: pediatric intracapsular tonsillectomy in the United States. *Laryngoscope*. 2021;131 Suppl 2:S1–S9. 4. Lu YX, Gu QL, Wang Z, et al. Pediatric Coblation total tonsillectomy: intracapsular or extracapsular? *Acta Otolaryngol*. 2017;137:1188–1193. 5. Wilson YL, Merer DM, Moscatello AL. Comparison of three common tonsillectomy techniques: a prospective randomized, double-blinded clinical study. *Laryngoscope*. 2009;119:162–170.

For detailed product information, including indications for use, contraindications, precautions and warnings, please consult the product's applicable Instructions for Use (IFU) prior to use. Post-tonsillectomy haemorrhage (PTH) is a potentially serious complication that has been reported in literature for both adult and paediatric patients.