

Referral Criteria Tonsillectomy GP Guidance

- **Recurrent Tonsillitis:**
 - **Small children** - 5/year for 2 years (or >8 in 1 year)
 - **Adults** - 3/year for 2 years (> 6 in 1 year)

 - Tonsillitis is a bacterial infection usually associated with systemic symptoms and a pussy tonsillar exudates requiring antibiotic treatment as sore throat disabling preventing normal functioning

 - Lesser criteria are acceptable if episodes are:
 - Very severe e.g. hospital admission
 - Associated with febrile convulsions, epilepsy, major asthma flare-ups or psoriasis.
- **Quinsy:**
 - 2 episodes of quinsy
 - Quinsy with a previous or subsequent history of Tonsillitis
- **Obstructive symptoms:**
 - Sleep apnoea
 - Massive tonsils causing swallowing difficulties
- **Chronic Tonsillitis:**
 - Halitosis associated with a white cheesy debris being released from tonsillar crypts
- **Urgent Tonsillectomy:**
 - Biopsy if ulceration or recent unilateral enlargement, particularly with associated cervical lymphadenopathy
 - Red flag referral!!!