

Aintree
Head & Neck
Practice
Development
Unit

Tonsillitis

Aintree University Hospital **NHS**

NHS Foundation Trust

Where quality matters

Aintree Head and Neck Unit

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Tel: 0151-529-5239/5195

What is tonsillitis?

- Tonsillitis is an infection of the tonsils. Tonsils are found at the back of the throat and help to fight infection.
- A sore throat is the commonest symptom. In addition, you may also have a cough, fever and headache, feel sick and tired, find swallowing painful and have swollen neck glands. The tonsils may swell and become red. Pus may appear as white spots on the tonsils.
- Symptoms typically get worse over 2-3 days and then gradually settle, usually within a week.

What is the treatment?

- Most tonsil infections are mild and get better by themselves. The majority of these infections are caused by a virus.
- Have plenty to drink. Even if you cannot eat, ensure you are taking plenty of fluids to avoid becoming dehydrated.
- Pain killers ease pain, headache, and fever. To keep symptoms to a minimum it is best to take the medication regularly as recommended on the packet.

Do I need antibiotics?

Most throat and tonsil infections are caused by viruses, although some are caused by bacteria. Antibiotics kill bacteria, but do not kill viruses. Most infections will settle without antibiotics; however antibiotics may be used if the infection is severe or if it is not easing with the simple treatment described above.

IMPORTANT: Tell the medical and nursing staff if you are allergic to any medications.

Do I need to have my tonsils removed?

If you have recurring bacterial tonsillitis you may wonder about having your tonsils removed. This will need to be discussed with your doctor.

What happens when I go home?

When you are discharged, the nurse looking after you will go through the medication you will need to take at home. They will also explain what to do if there are any problems. Contact numbers for advice are below. If your symptoms do not settle after a week or get worse, seek medical attention through your GP or via your local accident and emergency department.

See a doctor if your symptoms of a sore throat are severe or unusual. You may need admission to hospital if you have difficulty in breathing, difficulty swallowing saliva, difficulty opening your mouth, severe pain and a persistent high temperature.

Further information:

Ward 29

Tel: 0151 529 5195 or 0151 529 5196

Ward 28

Tel: 0151 529 5238 or 0151 529 5239

NHS Direct

Tel: 0845 4647

NHS Choices website

<http://www.nhs.uk/conditions/Tonsillitis/Pages/Introduction.aspx>

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根據需要 這個專單可以加大列印 添加盲文 其他語言
並且可以做成磁帶錄音或者光碟。如果有什麼需要 請聯繫
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Si vous avez besoin d'une brochure adaptée pour malvoyants

Vous pouvez obtenir, sur demande, ce prospectus imprimé en grands caractères, en Braille, en livre audio (cassette ou disque compact) ou dans une autre langue. Veuillez contacter le service clientèle au:

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اگر آپ کو اس معلوماتی پرچے کی خصوصی اشاعت درکار ہے

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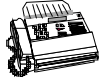
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0151
529 3287



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529 2523



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[for the hearing impaired]