



## Discharge Instructions Of Acute Tonsillitis

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Here's what you need to know in case of acute tonsillitis

### Acute tonsillitis:

It is infection of tonsils caused by bacterial or virus, symptoms can either come on suddenly or be of a gradual onset of sore throat usually accompanied by a fever, and its symptoms are including: moderate to severe throat pain, difficulty swallowing, and feel like Generalized fatigue .

### Discharge instructions:

- Take pain reliever as prescribed by your doctor( be careful not to exceed the correct dose)
- Drink little fluids often to avoid dehydration
- Eat soft foods
- Get plenty of rest
- Gargle with warm salt to relieve the sore throat
- In case you have bacterial tonsillitis, the doctor will prescribe you antibiotic, make sure that you finish the course; if the full course is not taken, this can lead to further problems.
- Keep a list of medication and bring it on the follow-up visit or in case of coming back to the emergency room

### Prevention and Avoiding the Spreading of the Infection:

- Wash your hands often, especially after sneezing or coughing
- Don't share personal items , food, or drink
- Cough or sneeze into a tissue or into your elbow
- Keep yourself away while unwell
- Stay away from any ill people

### Come to the emergency room in case of:

- Dribbling or cannot swallow saliva or liquids.
- Having difficulty breathing, especially during sleep.
- Cannot move neck.

### Follow-up with the outpatient clinic (.....) within (.....)in case you have :

- Persistent high temperature.
- Increasing pain despite taking medication.
- Have pain on one side of the throat.

فقيه.

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