

## Discharge Instructions 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.

### Discharge instructions:

- Take pain reliever as prescribed by your doctor( be carefully not to exceeded the correct dose)
- Drink little of fluids often in order 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 emergency room

### Prevention and Avoid the spreading of the infection:

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

### Come to 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 of you have :

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