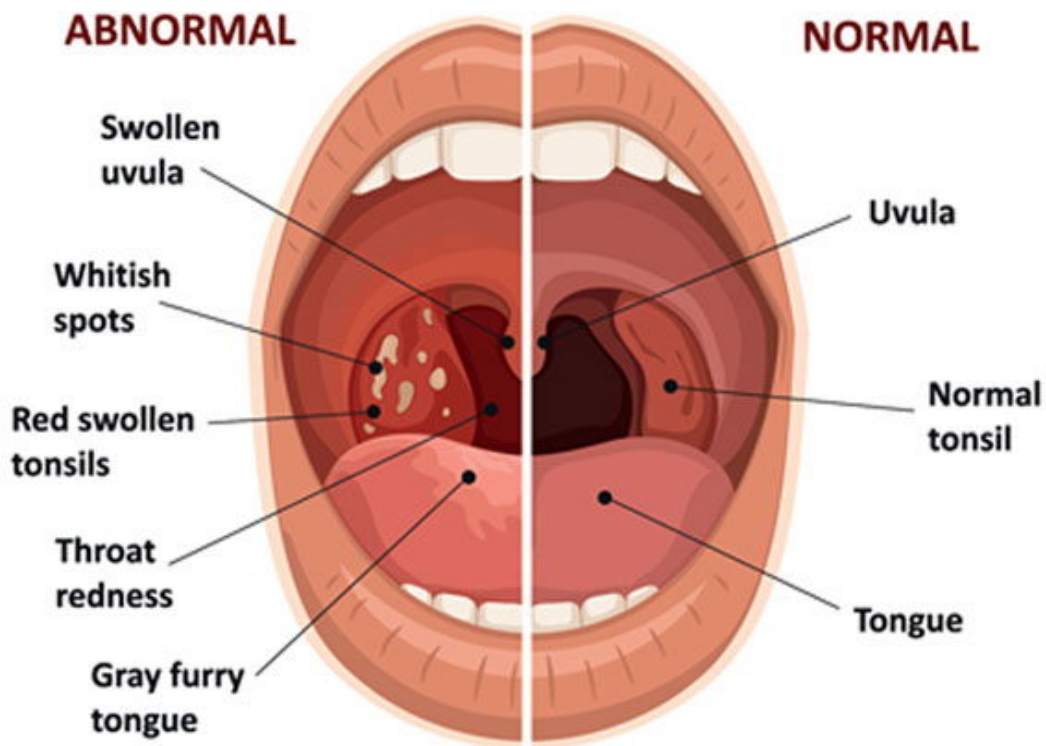


TONSILLITIS



Tonsillitis - FAQs

Tonsils are a pair of lymphoid tissue at the back of the throat. They play a major role in immunity by fighting against bacteria and viruses that enter the body via the mouth and nose.

What is Tonsillitis?

Tonsillitis means inflammation of the tonsils. It can be due to Viral infection (most common) or can be due to bacterial infection. It mainly presents as acute tonsillitis, within 7 days of infection.



What are the signs and symptoms?

- Sore throat
- Fever
- Difficulty in swallowing/ drinking

- Swollen and red tonsils
- Ear ache
- General fatigue
- Swelling of lymph nodes on the side of the neck
- Bad breath

When to do surgery for tonsillitis?

- Recurrent tonsillitis, more than 7 times a year
- Tonsillitis progressing to abscess
- Tonsillitis causing high-grade fever/ seizure
- Bad Breath/ bad taste not responding to medical treatment

What happens if tonsillitis goes untreated?

It can lead to many serious medical conditions like abscess formation/ Sepsis and may need Intravenous antibiotics and prolonged hospital stay



What precautions can be taken at home to promote recovery?

Your doctor may prescribe antibiotics. In these cases, the below-mentioned home remedies can also help both adults and children.

- Consume adequate fluids. Give your child plenty of water to keep his or her throat moist and prevent dehydration.
- Take comforting foods and beverages. Warm liquids — broth, caffeine-free tea or warm water with honey — and cold treats like ice pops can soothe a sore throat.
- Prepare a saltwater gargle. A saltwater gargle of 2 teaspoons of table salt to half a glass (100 milliliters) of warm water can help soothe a sore throat and reduce the swelling of the tonsils/throat. Gargle the solution and then spit it out.

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- Always humidify the air. Use a cool-air humidifier to eliminate dry air that may further irritate a sore throat, or sit with your child for several minutes in a steamy bathroom.
- Offer lozenges to children to relieve a sore throat.
- It is also necessary to avoid irritants. Ensure your home is free from cigarette smoke (any form of passive smoke) and cleaning products that can irritate the throat.
- You can talk to your doctor about using ibuprofen in order to minimize throat pain and control fever. Remember low fevers without pain do not require treatment.
- If aspirin is not prescribed by your doctor to treat a particular disease, it is recommended that children and teenagers should stay away from taking aspirin. Aspirin use by children can lead to Reye's syndrome, a rare but potentially life-threatening condition.

Adjust your lifestyle habits and remember to follow your doctor's instructions to lead a healthy life.

Dr. Prashanth R Reddy

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