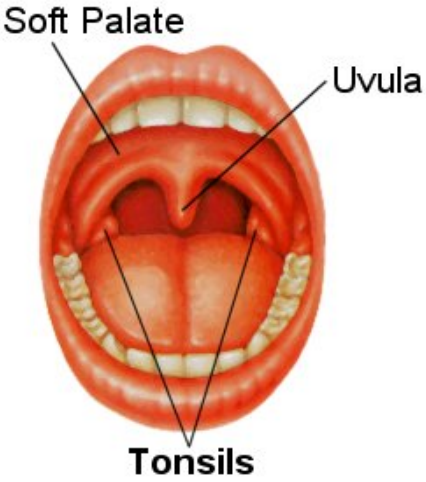
Uvulitis

Uvulitis is an redness and soreness (*inflammation*) of the *uvula* (the small tongue-shaped piece of tissue that hangs from the top of the back portion of the mouth). Your caregiver makes this diagnosis by examination. This may be caused by infection from a virus or germ *(bacterial*). Test samples *(cultures*) of bodily substances may be taken to determine if there is a need for medications *(antibiotics*).



HOME CARE INSTRUCTIONS

- You or your child should rest as much as possible and get plenty of sleep.
- Young children may suck on frozen juice bars or popsicles. Older children and adults may gargle with a warm or cold liquid to help soothe the throat. (For gargling, use 1/4 teaspoon of salt mixed in 8 ounces of water, or use strong tea.)
- Use a cool-mist humidifier to lessen throat irritation and cough.
- Encourage your child to drink plenty of fluids. While the throat is very sore, feed your child soft or liquid foods such as milk, ice cream, soups, or milk drinks.
- Family members who develop a sore throat or fever should have a medical exam or throat culture.
- If your child is on antibiotics, wait 24 hours or until temperature is near normal (at least less than 100° F (37.8° C)) before returning him/her to school or day care.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK MEDICAL CARE IF:

- You or your child develop an oral temperature above 102º F (38.9º C), which lasts for more than 2 days.
- You or your child develop large, tender lumps in the neck.
- You or your child develop a rash.
- You or your child coughs up green, yellow-brown, or bloody sputum.
- You were instructed to call for culture results if they were taken.

SEEK IMMEDIATE MEDICAL CARE IF:

- You or your child develop any new problems *(symptoms*) such as vomiting, earache, severe headache, stiff neck, chest pain, or trouble breathing or swallowing.
- You or your child develop more severe throat pain along with drooling or voice changes.

Document Released: 08/10/2005 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.