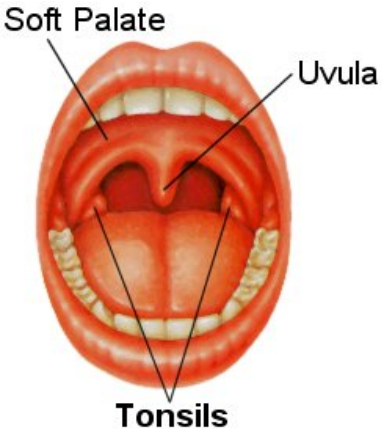
Tonsillitis

Tonsils are lumps of lymphoid tissues at the back of the throat. They help fight nose and throat infections and keep infection from spreading to other parts of the body. Tonsillitis is an infection of the throat that causes the tonsils to become red, tender, and swollen. If attacks of tonsillitis are severe and frequent, your caregiver may recommend surgery to remove the tonsils (*tonsillectomy*). Many sore throats are viral. Cultures are often taken to determine the need for *antibiotics* (medications that kill germs).



HOME CARE INSTRUCTIONS

- You or your child should rest as much as possible and get plenty of sleep.
- Encourage drinking plenty of fluids. While the throat is very sore, eat or feed your child soft or liquid foods such as milk, milkshakes, ice cream, soups, or instant breakfast milk drinks.
- 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 teaspoon of salt mixed in 8 ounces of water.
- Family members who develop a sore throat or fever should have a medical exam or throat culture.
- 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 has an oral temperature above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.
- Large, tender lumps in the neck develop.
- A rash develops.
- Green, yellow-brown, or bloody sputum is coughed up.
- You were instructed to call for culture results if taken.

SEEK IMMEDIATE MEDICAL CARE IF:

- You or your child develops any new problems *(symptoms*) such as vomiting, severe headache, stiff neck, chest pain, or trouble breathing or swallowing.
- You or your child develops more severe throat pain along with drooling or voice changes.
- You or your child have severe pain, unrelieved with recommended medications.
- You or your child are unable to fully open your mouth.
- You or your child develop redness, swelling, or severe pain anywhere on the neck.
- You or your child has an oral temperature above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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