



# Tonsillitis

PATIENT FACT SHEET

HEAL SPECIALIST URGENT CARE

## What is Tonsillitis?

- Inflamed or swollen tonsils as a response to a viral infection, and sometimes from a bacterial infection.
- Usually it self resolves after a few days, with simple treatment helping ease symptoms.

## How do I know if I have a Tonsillitis?

- The most common symptom you will feel is a sore throat and painful swallowing.
- You may experience a fever, headache, lethargy, swollen glands or a cough.
- Your tonsils may swell and increase in redness.
- Pus or white spots on the tonsils may appear also.

## When should I see a health practitioner ?

- Tonsillitis symptoms usually get worse over the first two to three days and then improve over the week.
- If symptoms are not improving, or you are having difficulty drinking fluids or eating food, you should see a health practitioner for review.
- If you noticed difficulty in breathing, changes in voice or difficulty opening your mouth you should present to your nearest emergency department

## Do I need antibiotics?

- Short answer: **NO**
- Antibiotics don't work on viruses, and most throat or tonsil infections are caused by a virus.
- However, in some situations or it's a bacteria causing the infection antibiotics can be prescribed.

If you have any questions, please ask the doctors or nurses before you leave.

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professionals to make sure this information is right for you.