

Tonsillitis, Discharge Information

Patient Information

Ear, Nose and Throat (ENT) Service

The tonsils are thought to be part of the first line of the body's defence against potentially harmful germs. Tonsillitis is a bacterial infection of the tonsils. Tonsils are areas of spongy tissue that can be seen at the back of the throat.

Activity

Rest quietly. Avoid strenuous or vigorous sport or activity for 7 to 10 days.

Eating and drinking

It is very important to drink plenty of fluids and eat a normal diet.

Take the prescribed pain relief medication half an hour before meals to help ease any discomfort you have with swallowing.

If you are unable to eat or drink make an appointment to see your own family doctor (GP) for review.

To help prevent infection regular mouthwashes and teeth cleaning after eating are recommended.

Medications

A prescription for pain relief and antibiotics will be given to you before you are discharged from hospital.

Take the antibiotics as prescribed and complete the full course even if you are beginning to feel better.

Take the pain relief regularly as prescribed.

Unless advised otherwise continue with any other prescribed medications you may normally take.

Avoid drinking alcohol whilst you are taking the medications.

Follow-up

Any follow up will be through your own family doctor (GP). Contact your GP should your symptoms become worse or they do not improve.

Additional comments

Contact us

Wellington Hospital Main Outpatient
Department, ENT Services

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)