

# Quinsy (Peritonsillar Abscess)

## Discharge Information

Patient Information

Ear, Nose and Throat (ENT) Service

Quinsy is when there is an acute inflammation of the tonsil and an abscess forms on one side of the throat.

This abscess has been incised and drained.

### Activity

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

You may have earache. This is common when a tonsil is infected or has been removed.

### Eating and drinking

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

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

If you have difficulty swallowing and unable to eat and drink make an appointment to see your own family doctor (GP) for review.

We recommend regular mouthwashes and teeth cleaning after eating to help prevent infection.

### Medications

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

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

Unless advised otherwise continue with any prescribed medications you 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.

If you have any concerns regarding your Quinsy please contact your own GP, in the first instance.

### Additional comments

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### 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)