Royal National Throat, Nose and Ear Hospital

Sore throats and quinsy

Ear, Nose and Throat Surgery
Sore throat (pharyngitis)
This is very common and normally gets better after a few days and is usually caused by a virus infection. You may also get a hoarse voice, mild cough, fever, headache, feel sick, feel tired, and the glands in your neck may swell. It may be painful to swallow. Symptoms typically get worse over two to three days and then gradually go, usually within a week. You may also develop a sore throat if you have a cold or flu-like illness.

What is tonsillitis?
Tonsillitis is an infection of the tonsils at the back of the mouth. A sore throat is the common symptom. In addition you may also have a cough, fever headache, feel sick, feel tired, painful swallowing, and swollen neck glands. Pus may appear as white spots on the enlarged tonsils. Symptoms typically get worse over two to three days and then gradually go, usually within a week.

What is the treatment for sore throat and tonsillitis?
• **Not treating** is an option as many throat infections are mild and soon get better
• **Have plenty to drink.** It is tempting not to drink very much if it is painful to swallow. You may become mildly dehydrated if you don’t drink much, particularly if you also
have a fever. Mild dehydration can make headaches and tiredness much worse.

- **Paracetamol or Ibuprofen** ease pain, headache, and fever. To keep symptoms to a minimum it is best to take a dose at regular intervals as recommended on the packet of medication rather than ‘now and then. For example, take paracetamol four times a day until symptoms ease.

- **Aspirin gargles** may ease the soreness. (There is little research evidence to confirm that this is effective. However, it is a popular treatment and may be worth a try). Dissolve some soluble aspirin in water and gargle for three to four minutes. You can do this three to four times a day. Spit out the aspirin after gargling and try not to swallow it.

**Please note: you should not give aspirin to children under 16.**

- **Other gargles, lozenges and sprays** that you can buy at pharmacies may help to soothe a sore throat. However, they do not shorten the illness. They tend to be expensive, and may do little extra to ease symptoms than the above measure, nor prevent further infections.
Do I need an antibiotic?

Usually not. Viruses cause most throat and tonsil infections, although some are caused by bacteria. Without tests, it is usually not possible to tell if it is a viral or bacterial infection. Antibiotics kill bacteria, but do not kill viruses. However, an antibiotic is not thought to make much difference even if a bacterium is the cause. Your immune system usually clears these infections within a few days whether caused by viruses or bacteria. Also, antibiotics can sometimes cause side effects such as diarrhoea, rash, and stomach upsets, so they are not commonly prescribed for a sore throat.

An antibiotic may be advised if the infection is severe, if it is not easing after a few days, or if your immune system is not working properly (for example, if you have had your spleen removed or if you are taking chemotherapy, etc). For these to be effective you must complete the course.

Occasionally a throat or tonsil infection is due to an uncommon cause, such as glandular fever. See a doctor if symptoms are severe, or if they do not ease within three to four days.
Will I need my tonsils taken out?
Removing the tonsils (tonsillectomy) may be an option if you have frequent and severe bouts of tonsillitis, that is, five or more infections over a year. Also, when each infection is severe enough to affect normal life (such as needing time off work or school). The value of tonsillectomy is uncertain. Throat infections are not prevented if the tonsils are removed. However, for some people, the number and severity of throat infections may be reduced after tonsillectomy.

What is quinsy?
Quinsy is usually caused by a streptococcal (bacteria) infection as a complication of an acute sore throat such as tonsillitis. An abscess forms, usually on one side of the throat only, with the swelling behind the tonsil near the back of the roof of the mouth. Your uvula (floppy tissue hanging down in the middle of your throat) is often pushed across to the side without the abscess.

Symptoms can include a very painful sore throat, fever, and difficulty swallowing your saliva, resulting in dribbling, generally feeling unwell and neck swelling because of the abscess.
Will I have to stay in hospital?
Yes, if you are unable to swallow and need the abscess draining and antibiotics into your vein. It may be necessary to stay in hospital if the treatments already mentioned do not work.

How long will I be off work?
You will need to rest at home for at least a week. If you require a sick certificate please ask one of the nurses.

When will I be seen in Outpatients?
It may not be necessary for you to be seen again in the outpatient clinic. However the doctor may arrange a further appointment and if this is your second quinsy, a tonsillectomy may be recommended.

If you have any problems
If you are worried once you have left the hospital, please contact your ward:

B Ward 020 3456 5029
C Ward 020 3456 5027

Where can I get more information?
NHS Direct
Telephone: 0845 4647
Website: www.nhsdirect.nhs.uk
University College London Hospitals
235 Euston Road, London. NW1 2BU
Switchboard: 0845 155 5000
Website: www.uclh.nhs.uk

UCLH cannot accept responsibility for information provided by external organisations.

**PALS - If you have any concerns**

PALS is a patient-friendly, easy to access service designed to provide a personal contact point to assist patients, relatives and carers. If you have a problem that you have not been able to sort out we can help you to resolve it. PALS are open 10:00 till 16:00 Monday to Friday.

Telephone: 020 3447 3042
Email: pals@uclh.nhs.uk

If you need a large print, audio or translated copy of the document, please contact us on 020 3456 5305. We will try our best to meet your needs.
How to get here

The hospital is near King’s Cross Station. You are advised to travel by public transport due to no parking at the hospital. Pay and display parking may be available nearby.