

Discharge Instructions

VIRAL PHARYNGITIS (Sore Throat)

Your throat pain is due to an infection called "Viral Pharyngitis", commonly known as "Sore Throat". This is a contagious illness. It is spread through the air by coughing, kissing or by touching others after touching your mouth or nose. Symptoms include throat pain worse with swallowing, aching all over, headache and fever. Unlike strep throat, which is a bacterial infection, this illness does not require treatment with an antibiotic.

HOME CARE:

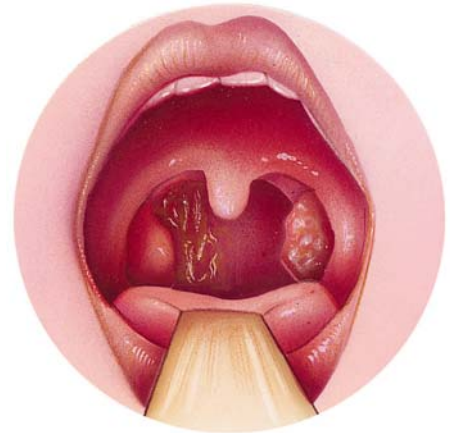
1) If your symptoms are severe, rest at home for the first 2-3 days.

2) Children: Use acetaminophen (Tylenol) for fever, fussiness or discomfort. In infants over six months of age, you may use ibuprofen (Children's Motrin) instead of Tylenol. (Aspirin should never be used in anyone under 18 years of age who is ill with a fever. It may cause severe liver damage.)

Adults: You may use acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) to control pain or fever, unless another medicine was prescribed.

[NOTE: If you have chronic liver or kidney disease or ever had a stomach ulcer or GI bleeding, talk with your doctor before using these medicines.]

3) Throat lozenges or sprays (Chloraseptic and others) will reduce pain. Gargling with warm salt water will also reduce throat pain. Dissolve 1/2 teaspoon of salt in 1 glass of warm water. This is especially useful just before meals.



FOLLOW UP with your doctor or as directed by our staff if you are not improving over the next week.

RETURN PROMPTLY or contact your doctor if any of the following occur:

- Fever over 100.5° F (38.0° C) oral, or over 101.5° F (38.6 C) rectal for more than three days
- New or worsening ear pain, sinus pain or headache
- Painful lumps in the back of your neck
- Unable to swallow liquids or open your mouth wide due to throat pain
- Trouble breathing or noisy breathing
- Muffled voice
- New rash