



SORE THROAT

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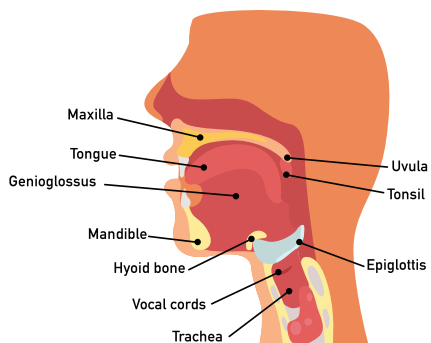
Digital Version



WHAT IS A SORE THROAT?

Sore throat (pharyngitis) is very common. It is usually caused by an infection in the throat. Soreness in the throat may be the only symptom. In addition, you may also have:

- A hoarse voice.
- A mild cough.
- A high temperature (fever).
- A headache.
- A feeling of vomiting



- Tiredness.
- Swollen glands in your neck.
- Pain when you swallow.

The soreness typically gets worse over two to three days and then usually gradually goes within a week. In about one in ten cases the soreness lasts longer than a week. You may also develop a sore throat if you have a cold or flu-like illness.

Tonsillitis is an infection of the tonsils at the back of the mouth. Symptoms are similar to a sore throat but may be more severe. In particular, fever and generally feeling unwell tend to be worse. You may be able to see some pus which looks like white spots on the enlarged red tonsils.

WHAT IS THE TREATMENT FOR SORE THROAT?

- Not treating is an option as many throat infections are mild and soon get better without treatment.
- Have enough to drink to avoid lack of fluid in the body (dehydration). 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 high temperature (fever). Mild dehydration can make headaches and tiredness much worse.

- Other gargles and sprays can be bought at pharmacies to help to soothe a sore throat.
- To seek medical advice for medical treatment

DO I NEED ANY TESTS?

A swab from the back of your throat is done to send to the laboratory to see which type of germ is causing your sore throat. Swab & blood tests are not routinely needed for sore throats to find out causative organism. Also, a blood test may be needed if glandular fever (infectious mononucleosis) is suspected.

DO I NEED AN ANTIBIOTIC MEDICINE?

Most throat and tonsil infections are caused by viruses, although some are caused by germs called 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. Therefore, most doctors do not prescribe antibiotics for most cases .

Many doctors use a scoring system called the CentorScore to decide whether a sore throat needs antibiotics. The features they look for are:

- Presence of pus on the tonsils.
- Tender lymph glands in the neck.
- Absence of cough.
- History of high temperature (fever).

If three or four of these are present it is more likely that the infection is caused by bacteria. If this looks likely, you may be given a "delayed prescription". This means you should not start taking the

antibiotic straightaway. However, if you are getting worse, or if your symptoms have not started to improve in 2-3 days then you can pick up the prescription without having to go back to the doctor.

An antibiotic may be advised if the infection is severe or if it is not easing after a few days. It may also be needed if your immune system is not working properly. (For example, if you have had your spleen removed, if you are taking chemotherapy, etc.) People with heart valve problems or who have had rheumatic fever may be prescribed antibiotics for sore throats.

WHAT THINGS SHOULD I LOOK OUT FOR?

In nearly all cases, a sore throat or tonsillitis clears up without leaving any problems. However, occasionally a typical sore throat may progress to cause complications. Also, a sore throat is sometimes due to an unusual but more serious illness. Therefore, for the sake of completeness, the things to look out for include the following.

POSSIBLE COMPLICATIONS

Sometimes the infection can spread from the throat or tonsils to other nearby tissues. For example, to cause an ear infections inus infection chest infection.



PLEASE SCAN FOR
THE LOCATION

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Mankhool, Kuwait Road, Al Mankhool - Dubai

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