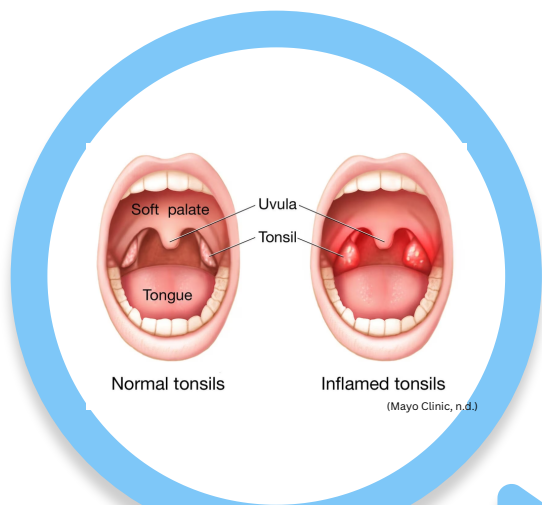


SO YOU'VE GOT TONSILLITIS



WHAT IS IT?

Tonsillitis is the inflammation of the tonsils, which are two oval-shaped tissue pads located at the rear of the throat, with one tonsil on each side. Symptoms of tonsillitis encompass swollen tonsils, a painful throat, challenges in swallowing, and sensitive lymph nodes on the neck's sides.

Tonsillitis is typically triggered by a viral infection, although bacterial infections can also be responsible for its occurrence (Mayo Clinic, n.d.).

There are a couple of treatment options available to someone who has recurrent tonsillitis.

- 1.Wait and See Approach
- 2.Total Tonsillectomy



TREATMENT OPTIONS



WAIT AND SEE

What is it? - Wait to observe if the frequency of tonsillitis decreases. If acute symptoms arise, use pain relievers or, if it's a bacterial infection, antibiotics can be employed for treatment.

Will it Help? - Certain individuals may naturally experience a reduction in tonsillitis occurrence over time, without any intervention. However, it's impossible to predict if this will occur.

What are the Disadvantages? - You might continue to experience recurrent tonsillitis, but typically, the "wait-and-see" strategy doesn't result in complications like the infection spreading to nearby tissue. Nonetheless, it's advisable to consult a doctor if you have severe tonsillitis.

Who is this for? - for most people with recurrent tonsillitis.

What is it? - The tonsils are surgically removed in a hospital setting, and you will receive a general anesthetic before the procedure.

Will it Help? - Even after tonsil removal, it's possible to experience sore throats. Studies indicate that individuals have fewer sore throats and take fewer sick days in the months following the procedure. However, there is currently no research available regarding the long-term advantages of tonsil surgery.

What are the Disadvantages? - General surgical risks apply, including potential temporary pain and swallowing difficulties post-surgery. In 5 out of every 100 cases, bleeding can occur after the procedure, possibly necessitating a second operation.

Who is this for? - Individuals who experience severe bacterial tonsillitis at least 3 to 5 times a year and require antibiotic treatment.



TONSILLECTOMY

PERSONAL DECISION

This decision aid may not cover all necessary information, so consulting a doctor is still essential. Your treatment choice will be influenced by factors like the severity of your symptoms, frequency of tonsillitis, the potential benefit of surgery, and the presence of any other medical conditions.