



## Acute Tonsillitis 急性扁桃腺炎(英文)

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### Introduction

Tonsils are adenoid glands located on the bilateral sides of retropharynx, made of lymphoid tissue. They function as filter and protection from micro-organism invasion of airway and digestive system. Therefore, many infections accompanied with tonsillitis.

### Etiology

Tonsillitis is usually accompanied with pharyngitis, because tonsils are abundant of lymphoid tissue and usually accompanied with upper respiratory tract infection. As a result, tonsillitis is the most common disease of child. The etiology may be virus or bacterial infection. The virus is more common. Streptococcus is the most common cause of bacterial infection.

### Clinical presentations

1. Sudden onset disease with headache, sore throat, vomiting, chills, fever, poor appetite, fatigue, and abdominal pain.
2. Tonsils enlargement, injected throat, neck lymphadenopathy, and sore throat when swallowing.
3. Leucocytosis and throat culture yield pathogen.

### Treatment

1. Viral tonsillitis only need symptomatic treatment, if there is streptococcus tonsillitis, antibiotic should be administered.
2. Fluid supplement.
3. Pain control and antipyretic agent for symptomatic relief.

## Precautions

1. Bed rest.
2. On light and cold diet due to fever and sore throat.
3. Gargle with normal saline and keep oral hygiene.
4. Keep antibiotic use for streptococcus tonsillitis. The symptoms could be relived after 5-7 days, but antibiotic should not be discontinued for complication prevention.

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若有任何疑問，請不吝與我們聯絡  
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