

# PHARYNGITIS

## BASIC INFORMATION

### **DESCRIPTION**

Inflammation and infection of the pharynx that can be caused by a variety of germs.

- Antibiotics or antifungal agents to fight bacterial or fungal infections. Be sure to finish entire course of pre-scribed antibiotics to avoid complications to heart or kidneys.

**ACTIVITY**

Limited activity is necessary until symptoms disappear.

**DIET**

Extra fluids are necessary. Drink at least 8 glasses of fluid daily, more for high fevers. If swallowing solid food is painful, try a liquid or soft diet for a few days.

**NOTIFY OUR OFFICE IF**

- You have symptoms of pharyngitis.
- The following occur during treatment:
  - Breathing or swallowing difficulty.
  - Fever; severe headache. Thick mucus drainage from the nose. Cough that produces green, yellow, brown or bloody sputum.
  - Skin rash. Dark urine. Chest pain.

*Adapted from Instructions for Patients, Sixth Edition, H. Winter Griffith, M.D., W.B Saunders Company.*