

Ivy Grove Surgery

Minor Illness Leaflet #1 – Sore Throats

Dear

We have provided this leaflet following your recent consultation on . The NHS aims to empower all patients to self-care and we hope that this leaflet will help you to manage your condition in the future.

Name of condition

Sore throat.

What it is

Sore throats are a very common symptom. They can occur in isolation, or as part of other illnesses such as the 'common cold'. Most are caused by a virus infection and are 'self-limiting'

Symptoms to expect

- Pain, particularly when swallowing, from mild discomfort, to quite painful
- Swallowing can feel uncomfortable, but is normally possible
- Some 'glands' might come up in your neck
- Other symptoms of an infection such as a cough, a stuffy nose, feeling tired and achy, and raised temperatures
- Tonsils (at the back of your mouth) look swollen, and you might even see white spots

Normal duration

- Will normally resolve in 7 days, without antibiotics
- Most cases will have completely settled after 10 days

Self-care

- Take plenty of rest. We understand this can be difficult. If you work you can 'self certify' without a doctor's note for up to 7 days.
- Regular Pain relief such as paracetamol and ibuprofen if not allergic. These can also help with a raised temperature
- See your pharmacist - they will be happy to help

When to seek further help

- If you are in an at-risk group (see 'At-risk groups' below)
- If there is no improvement in your symptoms after 1 week
- If there is a persistently raised temperature (above 38°C) which does not go down with medication
- Severe pain
- Difficulty breathing
- Drooling or unable to swallow own saliva
- A muffled voice
- If you suspect dehydration

At-risk groups

- You have a medical problem or condition which lowers immunity (e.g., cancer, HIV, having no spleen)
- On treatment which lowers immunity (e.g., chemotherapy, DMARD medication, anti-thyroid medication like Carbimazole, transplant medication)

Get the right help for your condition, visit our online help page at <http://ivy.gs/help>

Written by Dr P Smith, ©2016 Ivy Grove Surgery