

Epiglottitis, Discharge Information

Patient Information

Ear, Nose and Throat (ENT) Service

Epiglottitis is the inflammation of the epiglottis.

This is the lid shaped device that protects our airway. It closes over the opening to the “wind pipe” when we swallow.

In epiglottitis the epiglottis becomes very swollen and the windpipe becomes obstructed. This then causes difficulty in breathing.

Activity

Rest quietly. Avoid strenuous or vigorous sport or activity for 7 to 10 days.

Eating and drinking

It is very important to drink plenty of fluids and eat a normal diet.

Take some pain relief medication half an hour before meals to help ease any discomfort you have with with swallowing.

If you have difficulty swallowing and unable to eat and drink make an appointment to see your own family doctor (GP) for review.

We recommend regular mouthwashes and teeth cleaning after eating to help prevent infection.

Medications

You will be given a prescription for pain relief and antibiotics before you are discharged from hospital.

Take the antibiotics as prescribed and please complete the course even if you are beginning to feel better.

Take the pain relief regularly as prescribed.

Unless advised otherwise continue with any prescribed medications you normally take.

Avoid drinking alcohol whilst you are taking the medications.

Follow-up

An outpatient appointment will be sent for you to be seen in the ENT Clinic: _____

If you have any concerns please contact your own GP, in the first instance.

If at any time it becomes difficult to breathe call 111 for an ambulance

Additional comments

Contact us

Wellington Hospital Main Outpatient
Department, ENT Services

Phone: (04) 385 59999 ext. 80400

Hours: Monday to Friday 8am – 4:30pm (excluding public holidays)