

Some Facts About

# TONSIL STONES

Here are  
some  
details



# LET'S START WITH...

## What are your Tonsils?

Your Tonsils are the folds of oblong tissue located at the back of your mouth. Your Tonsils help the body filter out bacteria and viruses that enter through the mouth. Tonsils are part of your immune system. Now there are usually a couple of reasons why as children we have them removed, referred as having a tonsillectomy. Sometimes as kids we have a sleep apnea or snoring. Or you could be suffering from multiple sore throats. Now it doesn't affect our immune system to have our tonsils removed.

## What are Tonsil Stones?

Tonsil stones are little rock shaped pieces that are generally yellowish - white in color. Typically they are small in size but have been known to be large at times. Also you may get only one tonsil stone or you might end up with many stones at once.

## Tonsil Stones are common.

Tonsil stones are common. A lot of people get them and not even know that they have them. Now, the time when people start taking notice of them is when infection starts to present itself. This is known as Tonsillitis. Tonsillitis is an infection of the tonsils usually resulting in sore throat, making it hard to swallow. Visually, your tonsils will get red and inflamed and you can have a fever along with a headache.

## What signs to look for?

Not all tonsil stones cause problems. However here are some things to look for if you think you may have them.

- 1) Bad Breath
- 2) Sore Throat
- 3) Spitting out small yellowish-white stones
- 4) Coughing like there is something in the back of your throat
- 5) Develop an earache
- 6) Small white patches form on your tonsils

## Ways to prevent Tonsil Stones?

Here are some things you can try at home:

- 1) Make sure you brush and floss your teeth on a regular basis. Also brush your tongue.
- 2) Use a good water pick to flush out your tonsil area.
- 3) If you smoke, see about quitting.
- 4) Gargle with salt water after eating. One teaspoon of salt per 2 Cups of water.
- 5) Stay hydrated by drinking plenty of water throughout the day.

# When should I talk to my provider

If your tonsil stones still continue to persist and or you develop sore throat, inflamed tonsils, bad breath or ear ache. Now, is the time you should see your provider. That way your provider can treat the issue. Your provider can also give you more ideas for home therapy. However you can also request a referral to an Ear, Nose, Throat Specialist and get more information on home therapy or surgical solution.



## **Disclaimer:**

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