

Easy Steps To Eliminate Tonsil Stones

Tonsil stones are small, white or yellow lumps that can form in the crevices of your tonsils. They are usually harmless, but they can cause bad breath, a sore throat, or difficulty swallowing.



7 Easy Steps to Eliminate Tonsil Stones by Kass McGann

★★★★☆ 4.5 out of 5

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Tonsil stones are caused by the accumulation of bacteria, food debris, and dead cells in the tonsils. These substances can form a hard mass that can become trapped in the tonsils. Tonsil stones are more common in people with large tonsils or who have a history of tonsillitis.

There are a number of things you can do to eliminate tonsil stones. Some of these methods include:

- **Gargling with salt water.** Gargling with salt water can help to loosen tonsil stones and make them easier to remove. To make a salt water gargle, dissolve 1/2 teaspoon of salt in 8 ounces of warm water. Gargle for 30 seconds, then spit out the water.

- **Using a waterpik.** A waterpik is a device that uses a stream of water to remove plaque and bacteria from the teeth and gums. Waterpiks can also be used to remove tonsil stones. To use a waterpik, fill the reservoir with warm water and insert the tip into your mouth. Aim the stream of water at your tonsils and gently move the tip around. Be sure to spit out the water after you have finished.
- **Coughing.** Coughing can help to dislodge tonsil stones. To cough up a tonsil stone, take a deep breath and cough forcefully. Be sure to spit out the tonsil stone after you have coughed it up.
- **Using a cotton swab.** You can use a cotton swab to gently remove tonsil stones. Be sure to be careful not to push the tonsil stone further into your tonsils.
- **Seeing a doctor.** If you are unable to remove tonsil stones on your own, you may need to see a doctor. Your doctor can remove tonsil stones using a variety of methods, including laser therapy or surgery.

If you have tonsil stones, it is important to see a doctor if you experience any of the following symptoms:

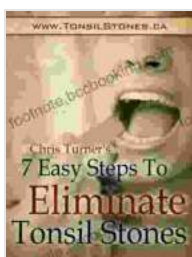
- Bad breath that does not go away with brushing and flossing
- A sore throat that does not go away with rest
- Difficulty swallowing
- Swollen tonsils
- White or yellow lumps on your tonsils

Tonsil stones are usually harmless, but they can be a nuisance. By following the steps outlined in this article, you can eliminate tonsil stones and improve your oral health.

Additional tips for preventing tonsil stones

- Brush your teeth and floss regularly.
- Gargle with salt water after eating.
- Avoid eating foods that are high in sugar or starch.
- Drink plenty of fluids.
- Get regular exercise.
- See your doctor for regular checkups.

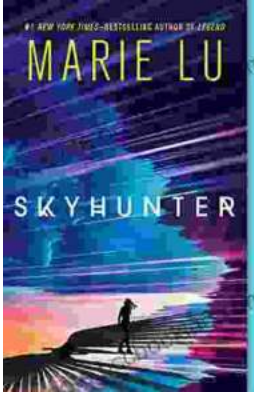
By following these tips, you can help to prevent tonsil stones and keep your mouth healthy.



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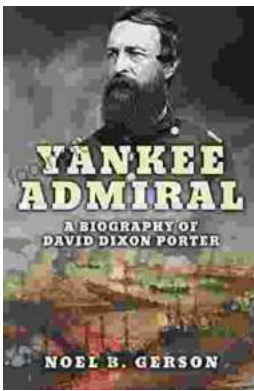
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