Mononucleosis Treatment

Self-Care at Home

Home care with plenty of rest and fluids is essential for someone with mono.

- Take acetaminophen (Tylenol) or ibuprofen (Advil) for fever and pain control.
- Throat lozenges or gargling with warm salt water may soothe a sore throat.
- Drink plenty of fluids to avoid dehydration.
- Rest in bed and limit activity according to the degree of the illness.
- Avoid strenuous exercise and contact sports until the doctor allows resumption of activities. The spleen may be enlarged, and vigorous activity may cause it to rupture. Most doctors believe that a person with mono should postpone strenuous activities for at least 1 month after the onset of symptoms or until the spleen has returned to its normal size.

Medical Treatment

Mononucleosis can be treated best at home just by treating the symptoms and with plenty of rest in bed unless complications occur.

- Corticosteroids may be prescribed in the rare cases of airway obstruction, hemolytic anemia (an autoimmune process in which red blood cells are destroyed), severe thrombocytopenia (a decrease in platelets, which are clotting components in the blood), hepatitis (inflammation of the liver caused by the virus), and complications involving the heart and nerves.
- Antibiotics are not used to treat mononucleosis.

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