

# And something really gross (Tonsil Chunks)

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For what it's worth, if you ever end up with little white patches at the back of your throat and feel like your throat is being sandpapered, and if you have a little patience and can subdue your gag reflex, you can remove those patches with a fingernail. They aren't actually patches, you see, but little rock-like balls of junk that have worked their way to the surface of your tonsils, and they are as rough as medium-grit sandpaper and they really are sanding your throat. And if you pop them out, you'll have holes in your tonsils where they were for a few hours, but your sore throat will go away instantly.

In a few days they'd pop out on their own, but in a contest between feeling like shit for a few days or gagging for a few minutes, I'd down with the gagging.

And my throat feels much better now.

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