

FEVER

You or your child have been diagnosed with a fever. While we may not have found a definite source of the fever, it is most often a result of a viral or bacterial infection. Most viral illnesses are not treatable with antibiotics while bacterial illnesses are.

Very often the cause of a fever will reveal itself after time has passed. If any of your symptoms change or new symptoms occur, please contact FirstCare or other health provider and inform them of these new developments. This may help in finding and treating the cause of your fever.

Fever is how the body defends itself against infection. When our temperature is elevated, the white blood cells (the cells that kill germs) move much faster. Also, when our temperature is elevated, the germs reproduce slower. Taking medicine to lower the temperature is recommended in cases where the patient is having moderate to severe discomfort, but lowering the temperature just to have a normal temperature is not recommended. Fevers will go up and down without treatment over the course of the day, and often are higher at night. If the patient appears very uncomfortable with a fever we recommend acetaminophen (tylenol) every four hours PLUS ibuprofen (advil, motrin) every 6 hours or Aleve (Naproxen Sodium) every 12 hours. These medications can be used together or separately.

Sometimes parents worry about febrile seizures, or seizures that come from a fever. Febrile seizures occur most commonly in young children, are rarely dangerous and are not common. Febrile seizures occur during a rapid change of body temperature and will not occur once the temperature has reached its maximum height. We do not recommend giving medication to fight fevers in order to avoid febrile seizures, unless a patient has a history of complicated febrile seizures in the past.

A high temperature is not dangerous to the body unless it is over 106 degrees fahrenheit. The most accurate means of taking a temperature in a child is a rectal thermometer. Ear thermometers can be accurate, but are generally considered less accurate than rectal thermometers. Oral thermometers are fine in older children and adults.

Warning signs of problems in children or adults with fever are: behavioral changes such as increasing lethargy (difficulty waking up or staying awake,) and inability to be consoled (constant crying.) Also look for constant pain even with medications, inability to eat or drink, and decreased urination.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 48 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 5-7 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, and Physical Therapy. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit FirstCareMedCenter.com to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.