

LOWER RESPIRATORY INFECTIONS

You have been diagnosed with a lower respiratory infection such as bronchitis or pneumonia. These illnesses result from infection by a viral or bacterial source and cause symptoms such as cough, fever, fatigue, pain in the chest, laryngitis (hoarseness), congestion, headache and mucous production. Shortness of breath with these infections is a sign of serious illness and should be evaluated by a physician immediately.

Lower respiratory infections can last from 5 days to 2 weeks and sometimes longer. The symptoms typically peak in about 5-7 days and then slowly improve. You should be getting better by the 7th day, not worse. Cough and congestion after an episode of bronchitis or pneumonia can last for 4-6 weeks in non-smokers and longer in smokers.

Besides antibiotics, in the case of a bacterial respiratory infection, agents felt to be helpful in promoting the body's ability to defend itself are herbals medications such as Echinacea and Goldenseal. Also Vitamin C in large doses may be beneficial. Drinking large amounts of non-caffeinated low sugar liquids is advisable, enough so that your urine looks very light yellow or clear.

For Echinacea Products available at FirstCare: Adults take 4-5 half-droppers full (diluted in water) 3-4 times per day or 3 capsules 3-4 times per day.

Vitamin C 1000 mg: Adults take 3-4 pills 3-4 times per day.

For pain and fever we recommend Ibuprofen (Advil, Motrin IB) or Naproxen (Aleve) and Acetaminophen (Tylenol). Acetaminophen can be taken along with Ibuprofen or Naproxen for additional pain relief.

The adult dose of Ibuprofen is 600-800mg (three-four 200 mg tablets) every 6-8 hours. The adult dose of Acetaminophen is 500-650mg every 4 hours.

The adult dose of Aleve is two pills every 12 hours.

For nasal congestion (stuffed nose) we recommend Afrin or Neosenephine nasal spray. This will open your nose up and allow you to breathe easily, but should only be used continuously for 3-4 days. UMCKA homeopathic remedy can also effectively relieve congestion, cough, fever and sore throat and aches.

For cough we recommend Buckwheat Honey, 1 Tablespoon every 15 minutes as needed, and Dextromethorphan containing medications such as Mucinex DM and Delsym. FirstCare Walk-In Medical Center carries these and many other over-the-counter medications, herbal remedies and prescription medications for your convenience.

HUMIDIFIERS ARE ESSENTIAL during the winter months. Even a small humidifier, in the bedroom at night with the door closed, will provide significant humidity to your respiratory system and produce noticeable improvements in the morning.

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 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. 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.