

PEDIATRIC RESPIRATORY INFECTIONS

Your child has been diagnosed with a respiratory infection. This is an infection involving the ears, nose, throat and airway. It is usually a result of infection by a viral source, is sometimes caused by bacteria, and causes symptoms such as fever, fatigue, pain in the areas affected such as sore throat, laryngitis (hoarseness), cough, congestion, headache and mucous production.

A respiratory infection can last from 5 days to 2 weeks and sometimes longer. The symptoms typically peak in about 3-5 days and then slowly improve. You should be getting better by the 7th day, not worse. Cough and congestion after a respiratory infection can last for 4-6 weeks in non-smokers and longer in smokers.

Medications can be used to help the symptoms of a respiratory infection, but antibiotics are not effective against viruses and can actually prolong the symptoms by killing normal bacteria in the upper airways, nose and throat. Agents felt to be helpful in promoting the body's ability to defend itself against viruses are herbals such as Echinacea and Goldenseal. Vitamin C in large doses may also be helpful.

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

The correct dose of Ibuprofen is 10 mg per kg of body weight every 6 hours.

The correct dose of Acetaminophen is 10 mg per kg of body weight every 4 hours.

For cough we recommend Buckwheat Honey, for children over 1 year of age, 1 teaspoon every 15 minutes as needed. Dextromethorphan containing medications such as Mucinex DM and Delsym can be safely used in many cases, please ask your provider. UMCKA homeopathic remedy can also effectively relieve congestion, cough, fever and sore throat and aches.

FirstCare Walk-In Medical Center carries these and many other over-the-counter medications, herbal remedies and prescription medications for your convenience.

For nasal congestion (stuffed nose) we recommend children's Sudafed.

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.