

WEST PLANO PEDIATRICS

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**FOR ALL INGESTIONS
CALL POISON CONTROL
1-800-222-1222**

**For life threatening emergencies,
call 911 or take your child to the
nearest emergency room.**



Dr. Berger

Dr. Mix

Dr. Gair

Dr. Leon

PEDIATRIC EMERGENCIES CALL YOUR DOCTOR IMMEDIATELY FOR:

- Infant < 3 months with fever >100.4° rectally
- Fever and/or neck pain in back of neck or stiff neck in an ill child
- Fever and simultaneous vomiting
- Fever > 105° if cause of fever is unknown (can be common in many viral illnesses i.e. Influenza)
- Head injury involving loss of consciousness, vomiting, visual changes or sleepiness
- Signs of dehydration (dry lips, sunken eyes, decreased activity level, no urination in over 8-12 hours)
- Lethargy or difficulty arousing a child (especially if fever, vomiting, diarrhea, or head injury)
- Labored and persistent rapid breathing (look for unusual chest movements, flaring nostrils):
> 60 breaths per minute < 1 year old
> 50 breaths per minute > 1 year old
- Severe pain in the right lower side (often associated with fever or vomiting)
- Extreme irritability or persistent inconsolable crying for > 2 hours in an infant or ill child
- An injured extremity that is mishapened or crooked
- Any purple spots are present on the skin.
- Your child cannot swallow and is drooling saliva.
- Breathing is difficult and doesn't improve after the nose is clear
- Your child has severe abdominal pain
- Your child continues to act or look very ill 1 hour after treatment with Tylenol or Advil.

**FOR NON-EMERGENT PROBLEMS, PLEASE SEE INSTRUCTIONS BELOW. If further questions,
please call the after hours line if you feel your question cannot wait until the office opens.**

FEVER - Most fevers are beneficial to help fight infection. If your child is uncomfortable and is > 3months old, please give one dose of Tylenol. If your child is > 6 months old with a fever $\geq 102^\circ$ or is uncomfortable you may give Tylenol or Motrin. Call in a.m. for appointment if fever or pain persists unless signs of emergent illness(see left). Increasing fluids, light clothing and luke warm baths can also help.

COUGH - A cough is a protective mechanism to clear mucous from the airway and doesn't require treatment unless it inhibits sleep, produces vomiting, or if your child has asthma, wheezing and/or labored breathing. If you have asthma medications for your child at home, administer the rescue inhaler or nebulizer treatment and observe. If there is no improvement within 30 minutes or your child's condition worsens, call your doctor.

CROUP - Croup is a seal-like barking cough caused by a virus. Keep your child calm, provide cool mist humidifier, and offer fluids. If tight cough persists, sit in steamed-up bathroom or take outside in cool air to decrease cough. If severe cough persists > 15 minutes despite these measures, noisy breathing with taking in a breath, difficulty swallowing (drooling or spitting), or lips /nails turning blue go the Emergency Room immediately.

VOMITING AND DIARRHEA - If breastfeeding, continue to do so. Otherwise give Pedialyte in small amounts over 12-24 hours. Gatorade or frozen Pedialyte popsicles in children > 1-2 years is an excellent alternative. Avoid juices (worsens diarrhea) or excessive water intake (can cause electrolyte abnormalities especially in a child < 9months). Call if signs/symptoms dehydration (see left).

CONSTIPATION - Increase juice if > 4 Mo., and fiber intake. If unable to pass stool, contact doctor in a.m.

EARACHE - Give Tylenol or Motrin to alleviate pain/fever. A heating pad to the affected ear is helpful. Call in a.m. for appointment.

SORE THROAT - Most are viral infections, especially if associated with cold symptoms. Strep throat occurs 10-20% of the time and should be ruled out especially if fever, headache, vomiting/abdominal pain. Give Motrin or Tylenol, popsicles, cool fluids etc. Call in a.m. for appointment.

EYE INFECTION - Flush eyes with sterile lubricant drops, apply cool compresses, gently cleanse eyelid drainage with diluted baby shampoo. Call in a.m. for appointment.

RASH WITHOUT FEVER - These are usually not serious. May give Benadryl, Aveno baths, 1% Hydrocortisone cream for itching. If your child is taking antibiotics, hold further doses and call in a.m.

BEE, BUG BITES, SCORPION BITES - Place ice on area. Give Tylenol or Motrin for pain. Give Benadryl for itching. Call 911 immediately or go to the Emergency room if wheezing, difficulty breathing, throat or chest tightness occurs or if patient has had previous serious allergic reaction to insect bites in the past or if this incident involves > 5 stings.

Age	Weight	Infant Tylenol (80mg/0.8ml) (every 6 hours)	Childrens Tylenol (160mg/5ml) (every 6 hours)	Childrens Motrin (100mg/5ml) (every 6 hours)	Zyrtec (daily)	Claritin (daily)	Benadryl (every 6 hours)	Robitussin DM (every 6 hours)
3 months	6-11 lbs.	0.4 (1/2 dropper)	1.25 cc (1/4 tsp)	Do not use	---	Do not use	---	---
6-11 months	12-17 lbs.	0.8 (1 dropper)	2.5 cc (1/2 tsp)	2.5 cc (1/2 tsp)	2.5 cc (1/2 tsp)	Do not use	1/2 tsp	---
12-23 months	18-23 lbs.	1.2 (1+1/2 dropper)	3.5 cc (3/4 tsp)	5 cc (1 tsp)	2.5 cc (1/2 tsp)	Do not use	1 tsp	---
2-3 years	24-35 lbs.	2 droppers	5 cc (1 tsp)	7.5 cc (1 1/2 tsp)	2.5 - 5 cc (1/2-1 tsp)	2.5 - 5 cc (1/2-1 tsp)	1 1/2 tsp	2.5 cc (1/2 tsp)
4-5 years	36-47 lbs.	3 droppers	7.5 cc (1 1/2 tsp)	10 cc (2 tsp)	2.5 - 5 cc (1/2-1 tsp)	2.5 - 5 cc (1/2-1 tsp)	2 tsp	5 cc (1 tsp)
6-8 years	48-59 lbs.		10 cc (2 tsp)	2.5 tsp	5 - 10 cc (1-2 tsp)	5 - 10 cc (1-2 tsp)	2.5 tsp	7.5 cc (1 1/2 tsp)
9-11 years	60-95 lbs.		12.5 cc (2 1/2 tsp)	3 tsp	5 - 10 cc (1-2 tsp)	5 - 10 cc (1-2 tsp)	3 tsp	10 cc (2 tsp)

MEASUREMENTS:

1/2 tsp = 2.5 cc

1 tsp = 5 cc

1 1/2 tsp = 7.5 cc

ml and cc are the same