

PATIENT INFORMATION

Croup (Laryngeal Tracheal Bronchitis)

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Your child has croup, a viral infection of the upper airway and voice box. This is common between the ages of 6 months and 4 years. Croup usually starts with a light fever and runny nose. This is followed by a barking cough, noisy breathing, and shortness of breath. Croup will often get worse at night. Most children with croup do not need antibiotics or hospital care. They usually get better in 2-3 days with supportive treatment only. Sometimes cortisone medication is used.

You should:

- Have your child drink a lot of fluids (water, sodas, juices)
- Comfort your child to decrease crying and irritability
- Use a cool-mist vaporizer in the room where they sleep
- Elevate your child's head on pillows to ease their breathing
- Use medicines for fever and congestion to help relieve symptoms
- Do not allow anyone to smoke around your child

If your child's breathing gets worse, take them outside in the cool air for 15 to 20 minutes. You can also try a heavy mist by taking them into the bathroom and turning on the hot shower.

Call your doctor at once if your child has:

- Increased difficulty breathing or swallowing, or excessive drooling
- A blue color around the mouth or fingernails
- Increased restlessness or exhaustion
- A high fever

Fever in Children

Your child has a fever (a temperature over 100° F or 37.8° C). Mild fevers are not harmful, but temperatures over 104° F (40° C) can cause dehydration and fussiness. Here are some very useful points that can help you make your child more comfortable and keep the fever down.

- Do not bundle your child up in heavy clothing or blankets. Use light clothing and bedding to help your child stay cool.
- Give plenty of extra fluids (water, sodas, popsicles) to prevent dehydration. Your child should drink enough to urinate every 6 hours.
- Use acetaminophen (Tylenol, Panadol, Liquiprin) every four hours to relieve discomfort and keep the temperatures down.
- You may also use children's Motrin or Advil (Ibuprofen) every 6 hours if suggested by your doctor. It doesn't matter how much or how little time occurs between Tylenol and Advil as they are totally different medications.
- Check your child's temperature every 4 hours. For babies use a rectal thermometer. Be sure to shake the thermometer down before you use and wash it in cool soapy water to clean it.
- If you are unable to control the fever with the above measures, sponge or bathe your child in lukewarm water for 20 minutes. Never use cold water or alcohol to sponge a feverish child.

Please call your doctor if the fever has not dropped in three days. Be sure to have your child checked right away if your child has any of these symptoms: seizures, delirium, repeated vomiting, dehydration or difficulty breathing.