

Congestion

Nasal congestion or nasal discharge can have many causes including allergies, viral infections, bacterial infections, and foreign bodies (putting things in the nose).

If your child has inserted something in his or her nose and cannot blow it out, call our office. Do not attempt to insert things into your child's nose to retrieve the object because this could result in additional trauma or lodging the object deeper into the nose.

Allergies usually cause persisting clear nasal discharge and may also accompany watery or itchy eyes.

Most yellow or green nasal discharge accompanies viral infections or common colds. This may last several days before clearing again. Colds generally resolve within two weeks and occur 6 to 8 times per year in healthy children. If your child's cold lasts more than two weeks, please call for an evaluation.

If your child is less than four months old, has a fever over 100.4 degrees, complains of pain, or if other concerns arise, please call our advice nurse.

The best treatment for congestion is clearing the nose by blowing or suctioning with a bulb syringe. Using saline drops to rinse the nose is also beneficial. Using a cool mist humidifier will help your child feel more comfortable and relieve some of the congestion. Rest and increased fluid intake is helpful also. Generally no medication is needed for congestion caused by a cold. If medication is desired use a plain antihistamine or decongestant. Avoid products mixed with fever medications. Call our office or talk with your pharmacist for specific recommendations.