

After the Shots.....

What to do if your child has discomfort



Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have after their children have been vaccinated. If this sheet doesn't answer your questions, call the office.

(281) 499-6300

I think my child has a fever. What should I do?

Check your child's temperature to find out if there is a fever. If your child is younger than 3 years of age, taking a temperature with a rectal digital thermometer provides the best reading. Once your child is 4 or 5 years of age, you may prefer taking a temperature by mouth with an oral digital thermometer. Tympanic thermometers, which measure temperature inside the ear, are another option for older babies and children. If your child is older than 3 months of age, you can also take an underarm (axillary) temperature, although it is not as accurate.

Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Clothe your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever-reducing medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Motrin®). **Do not give aspirin.** Recheck your child's temperature after 1 hour.
- Sponge your child in 1-2 inches of lukewarm water.
- If your child's temperature is 101°F or higher or, if you have questions, call the office.

My child has been fussy since getting vaccinated. What should I do?

After vaccination, children may be fussy due to pain or fever. You may want to give your child a medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Motrin®) to reduce pain and fever. **Do not give aspirin.** If your child is fussy for more than 24 hours, call the office.

My child's leg or arm is swollen, hot, and red. What should I do?

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give your child a medication such as acetaminophen (e.g., Tylenol®) or ibuprofen (e.g., Motrin®). **Do not give aspirin.**
- If the redness or tenderness increases after 24 hours, call the office.

My child seems really sick. Should I call my health care provider?


If you are worried AT ALL about how your child looks or feels, call the office.

Check the back of this page for information on the proper dosage of medication you can give your child to reduce pain or fever.

Call our office right away if you answer "yes" to any of the following questions:

- Is your child pale or limp?
- Has your child been crying for more than 3 hours and just won't quit?
- Does your child have a strange cry that isn't normal (a high-pitched cry)?
- Is your child's body shaking, twitching or jerking?
- Does your child have marked decrease in activity or decrease in responsiveness?

Tylenol® (Acetaminophen)

		Concentrated Tylenol® Infants' Drops	Children's Tylenol® Suspension Liquid	Children's Tylenol® Soft Chews Chewable Tablets	Junior Strength Tylenol® Chewable Tablets	Tylenol® Regular Strength	Tylenol® Extra Strength
		80 mg/0.8 ml	160 mg/5mL	80 mg	160 mg	325 mg	500 mg
Dose		DISCONTINUED PRODUCT. DISCARD. DO NOT USE.	Teaspoon (tsp)* (Use only the dosing cup provided)	Tablet	Tablet	Tablet	Caplets/Gel
WEIGHT	AGE						
6-11 lbs	0-3 mos		¼ tsp				
12-17 lbs	4-11 mos		½ tsp				
18-23 lbs	12-23 mos		¾ tsp				
24-35 lbs	2-3 yrs		1 tsp	2			
36-47 lbs	4-5 yrs		1½ tsp	3			
48-59 lbs	6-8 yrs		2 tsp	4	2	1	
60-71 lbs	9-10 yrs		2½ tsp	5	2½	1	
72-95 lbs	11 yrs		3 tsp	6	3	1	
96 lbs & over	12 yrs			4	2	2	

Use only as directed.


NOTE: If possible, use weight to dose; otherwise use age. To arrive at the correct dose, weigh your child before giving TYLENOL®. All dosages may be repeated every 4 hours, but not more than 5 times daily.

A healthcare professional should be consulted for dosing for children under the age of two years.

WARNING:

- Children's Tylenol® should not be taken for pain for more than 5 days or for fever for more than 3 days unless directed by a physician. If pain or fever persists or gets worse, if new symptoms occur, or if redness or swelling is present, a physician should be consulted because these could be signs of a serious condition.
- Do not exceed recommended dose. Taking more than the recommended dose (overdose) may not provide more relief and could cause serious health problems. Keep this and all drugs out of the reach of children. In case of accidental overdose, contact a physician or poison control center immediately. Prompt medical attention is critical even if you do not notice any signs or symptoms.
- **Do not use with any other product containing acetaminophen.**
- Do not use Adult Extra Strength Tylenol® products for children under 12 years of age.
- Do not use a kitchen teaspoon. Only use the dosing cup provided.

Motrin® (Ibuprofen)

		Ages 6 mos - 23 mos Concentrated Motrin® Infants' Drops	Ages 6 mo. - 11 yr Children's Motrin® Suspension	Ages 2 - 11 Children's Motrin® Chewable Tablets	Ages 2 - 11 Junior Strength Motrin® Chewable Tablets	Ages 6 - 11 Junior Strength Motrin® Caplets	Ages 12 and up Motrin® IB	
		50 mg/1.25mL	100 mg/5mL	50 mg	100 mg	100 mg	200 mg	
Dose		DISCONTINUED PRODUCT. DISCARD. DO NOT USE.	Teaspoon (tsp)* (Use only the dosing cup provided)	Tablet	Tablet	Caplet	Caplet/Tablet	
WEIGHT	AGE							
Under 6 months of age			Consult Your Child's Doctor					
12-17 lbs	6-11 mos							
18-23 lbs	12-23 mos		¾ tsp					
24-35 lbs	2-3 yrs		1 tsp	2 tablets				
36-47 lbs	4-5 yrs		1½ tsp	3 tablets				
48-59 lbs	6-8 yrs		2 tsp	4 tablets	2 tablets	2 tablets		
60-71 lbs	9-10 yrs		2½ tsp	5 tablets	2½ tablets	2½ tablets		
72-95 lbs	11 yrs		3 tsp	6 tablets	3 tablets	3 tablets		
96 lbs & over	12 yrs					2		

One Dose Lasts 6-8 Hours

Use only as directed.

Children's Motrin® is available over-the-counter (OTC) for the temporary reduction of fever and relief of minor aches and pains due to colds, flu, sore throat, headaches and toothaches.

Keep all medication out of the reach of children.

- Do not use a kitchen teaspoon. Only use the dosing cup provided.