

ABCD program to start at the first sign of a “cold” or teething-associated nasal symptoms to prevent otitis media and sinusitis:

>> ABCD stands for Anti-inflammatory, Bacteria-killer, Cleanser, Decongestant.

>> no nose blowing or suctioning;

>> use anti-inflammatory Motrin or Advil for anti-inflammatory effect and to control cough and discomfort 3 TIMES A DAY for one week;

>> use of oral bacteria-killer (x) TWICE A DAY for one week;

>> use the topical bacteria-killer over-the-counter antibiotic ointment Neosporin or generic triple antibiotic ointment applied to the inner nostrils with a Q-tip or finger 3 TIMES A DAY for one week;

>> use the cleanser saline mist nasal irrigation (Simply Saline or similar) to clean and spread the topical antibiotic throughout the nasal cavity using two puffs in each nostril after ointment application 3 TIMES A DAY for one week;

>> use the topical decongestant Afrin nasal spray 3 TIMES A DAY for one week;

>> if child is coughing or nose remains drippy or congested with all of the above, add systemic decongestant Sudafed Children’s Nasal Decongestant Liquid (and not the PE product found on the shelves), available behind the counter from the pharmacist UP TO 3 TIMES A DAY (for dosing see

<http://www.drhowardsmithkidsent.com/page4.htm#!sudafed-dosages/cjie> ;

>> after “cold” symptoms are gone, usually 5-7 days, discontinue all agents;

>> if “cold” symptoms continue longer than 7 days or if nasal drainage becomes “technicolor” while on the regimen, call me for a bacteria-killer upgrade;

>> for additional cough control if the child's nose is open and "bone dry", use over-the-counter Delsym cough syrup before bed at night or up to TWICE A DAY.