



Bambini Pediatrics PC

Wholesome Medical Care for Kids

Fever Control: What It's All About

Fever helps children fight infection. We are learning that we have to be stingy with fever reducers. Children that get generous amounts of these meds after a vaccine, for instance, make less antibodies than other children that did not get a fever reducer. Recently, frequent use of Tylenol has been linked to asthma – not good! But for children that can't sleep, have a temperature above 103, or have a history of seizures, giving some Tylenol (acetaminophen) or Motrin (ibuprofen) is reasonable. Homeopathics such as belladonna and aconite may be worth considering first-line if parents are familiar with these remedies.

Let's discuss Tylenol first. This fever reducer is gentle on the stomach but only lasts about four hours. It comes as infant drops or children's liquid (**both** now 160 mg per tsp), and 80 or 160 mg melt-aways.

Dosing is not always an exact science. Babies often drool some down the chin; older kids may spit some out. A bit may stick to the spoon or cup. Below are suggested doses based on your child's weight. *These are mid-range doses.* (revised Spring 2012)

Acetaminophen Dosing Guide

Weight	Dose	How to Give
< 10 lbs	Needs visit	Fever under age 2 months needs closer attention!
11 lbs	40 mg	1.25 ml or ¼ tsp
16 lbs	80 mg	2.5 ml or ½ tsp
22 lbs	120 mg	3.75 ml or ¾ tsp
33 lbs	160 mg	5 ml or 1 tsp
44 lbs	240 mg	1½ tsp or 3 melt-aways
66 lbs	320 mg	2 tsp or 2 junior melt-aways or one 325 mg tablet
88 lbs	480 mg	3 tsp or one extra strength (500 mg) tablet

Motrin (or ibuprofen) is the other fever reducer at our disposal. It is more potent and longer lasting than Tylenol, but a bit tougher on the stomach. It may be especially useful at bedtime, on the first day of the flu, or for pain control following an injury. It comes as infant drops (50 mg per dropper), children's liquid (100 mg per tsp), and 200 mg tablets. Below are suggested doses based on your child's weight. *These doses are on high side.* Okay to give a bit less.

Ibuprofen Dosing Guide

Weight	Dose	How to Give
≤ 15 lbs	Call office	Not usually recommended under age 6 months
16 lbs	75 mg	1½ droppers
22 lbs	100 mg	2 droppers of Infant or 1 tsp Children's
33 lbs	150 mg	1½ tsp
44 lbs	200 mg	2 tsp
66 lbs	300 mg	3 tsp
88 lbs	400 mg	4 tsp or two tablets
132 lbs	600 mg	3 tablets