

REMEDY SHEET

<p><u>DIAPER RASH CREAMS/SALVES</u> For routine diaper rash, apply <u>Crisco</u> or <u>Olive oil</u> after good skin cleaning with soap & water. Wipes are bad. For yeast infection rash, apply <u>Lotrimin AF</u> or betadine cream after good skin washing with soap & water.</p>	<p><u>NORMAL SALINE NOSE DROPS</u> $\frac{1}{4}$ tsp table salt + 1 tsp hydrogen peroxide + 1 drop white vinegar in 4 oz water. 2-4 drops in each nostril as needed for nasal mucus or congestion. Use bulb syringe suction for infants.</p>
<p><u>ATHLETE'S FOOT/RING WORM</u> Wash affected area with soap & water. Apply <u>alcohol</u>, <u>betadine solution</u>, <u>Unscented Gel Antiperspirant</u>, or <u>Lotrimin AF cream</u> twice a day.</p>	<p><u>POISON OAK/IVY REMEDIES</u> Apply <u>Unscented Gel Antiperspirant</u> or 1% hydrocortisone cream to rash twice daily. Pepto-Bismol liquid to rash twice daily.</p>
<p><u>IMPETIGO REMEDIES</u> Wash skin with soap & water. Apply <u>Neosporin ointment</u>, <u>betadine solution</u>, or <u>Unscented Gel Antiperspirant</u> to the sores twice a day.</p>	<p><u>BUG BITE / BEE STING REMEDY</u> Apply <u>Ban Soft Solid</u> to the bite/sting area as soon as possible after the bite/sting. Apply cold compress to the affected area for the next hour.</p>
<p><u>SWIMMER'S EAR REMEDY</u> 1 tsp rubbing or grain alcohol 1 tsp hydrogen peroxide 3 tsp white vinegar 4-6 drops in the affected ears 3-4 times a day and after swimming.</p>	<p><u>INGROWN TOENAILREMEDY</u> 4 tsp rubbing or grain alcohol 1 tsp fingernail polish remover 1 tsp betadine solution Apply to the ingrown area then blow dry 2-4 times a day. Use after any water exposure. Leave toe open to the air as much as possible. Do not soak toe.</p>
<p><u>VOMITING MEDS</u> Benadryl $\frac{1}{2}$ tsp every 4 hours per 25 lb body weight up to max dose of 3 tsp/4hrs. Pepcid AC chewable $\frac{1}{4}$ tsp twice a day per 25 lb body weight up to max dose 2 tabs twice a day.</p>	<p><u>VOMITING TREATMENT</u> Nothing by mouth for one hour, then <u>one quart Gatorade +$\frac{1}{2}$ tsp Baking soda</u> as follows: 1 oz /15 min x 4, then 2 oz/15 min x 4, then 3 oz/15 min x 4, then ad lib. Solid food slowly as tolerated.</p>
<p><u>DIARRHEA MEDS</u> Pepto-Bismol 1 tsp 3-4 times/day ages 1-5 years 2 tsp 3-4 times/day ages 6-12 years 3 tsp 3-4 times/day ages 13 and up Lactinex $\frac{1}{2}$ pkg 3 time/day ages 3 mo-2 years 1pkg 3 times/day ages over 2 years</p>	<p><u>DIARRHEA DIET</u> Yogurt/cheese/cottage cheese/rice/potatoes/bananas Grits/oatmeal/bread/crackers/jello/mayonnaise/butter Ground beef/chicken/eggs/lactose-free milk Gatorade. <u>Avoid lactose milk, ice cream, caffeine</u></p>
<p><u>CONSTIPATION REMEDIES</u> Increase oral fluids such as juices, Kool-Aid, Gatorade, & water. Increase fiber containing foods such as vegetables, fruit, and high fiber cereals. Citrucel $\frac{1}{4}$ cap in 2 oz water for 2-4 year old, $\frac{1}{2}$ cap in 4 oz water for 5-8 year old, & 1 cap in 8 oz water for 9 year old and older.</p>	<p><u>CONSTIPATION REMEDIES</u> Milk of Magnesia 1-2 tsp/day for 6-12 mo old, 1-2 Tbsp/day for 1-4 year old, 2-3 tbsps/day for 5-12 year old, and 3-6 Tbsp/day for over 12 years. Glycerin suppositories for age as often as needed. Fleet's enema as age appropriate.</p>
<p><u>WART TREATMENT ALTERNATIVES</u> Apply <u>clear fingernail polish</u> to the warts daily. Apply clear plastic tape to the warts daily. Apply <u>betadine solution</u> to the warts daily. Apply <u>7% iodine solution (OTC)</u> to the warts daily. <u>Zantac</u> 75 mg orally twice a day for body weight over 75 pounds.</p>	<p><u>FEVER TREATMENT</u> Fever is not a disease and usually does not require treatment if the disease which is causing it is being treated. For the comfort of the patient the following may be helpful: Increase fluid intake with cold fluids. Dress lightly. Ibuprofen (children's) at 1 tsp/22lb body weight or 1 OTC tablet/50 lb. body weight every 6-8 hrs as needed. <u>Ice water baths, sponging with alcohol, and combining or alternating ibuprofen with Tylenol are potentially harmful.</u></p>
<p><u>INSECT REPELLENT (CHILDREN UNDER 12)</u> Spray skin with <u>Non DEET repellent</u> Spray Clothes (OFF THE BODY) with <u>DEET repellent</u> Put dryer sheets (Fabric Softener) in pockets or pin to back of shirt. <u>Vitamin B1 tablet (Thiamine)</u> 50mg/50 lb. body weight every 6-8 hours.</p>	