



Your **Ear, Nose, and Throat** health is vital.

Learn more about some common conditions that may effect you or your children.

# Kids ENT Health

Ear, nose and throat health are vital to maintaining your child's active life. According to the American Academy of Otolaryngology – Head and Neck Surgeons (AAO-HNS) an ear infection is the number one reason that a child sees a doctor and tonsillitis is one of the most common conditions that affect a teenager's ENT health.

## What is an Otolaryngologist?

An otolaryngologist is a doctor who specializes in the medical and surgical treatment of ear, nose and throat diseases and disorders. Commonly known as an ENT doctor, they treat diseases and disorders that can affect children, adults and seniors.

## What do they treat?

ENT doctors treat diseases and disorders that affect the ear, nose and throat, including but not limited to: sinuses, voice box (larynx), mouth (oral cavity), neck and face structures and inner ear.

## Common conditions affecting children's ENT health

Some of the most common conditions affecting children include ear infections, sinus infections and tonsillitis. These conditions can dramatically affect your child, especially when they reoccur. Your ENT doctor will examine and assess what condition your child is suffering from and recommend a treatment course.

### Symptoms – see a doctor if your infant

- pulling or scratching the ear
- slow or no response to sound
- persistent high fever (over 101°)
- ear drainage
- green or yellow mucus
- "cold" symptoms that do not ease within a week
- wheezing or difficult breathing
- lethargy

### Symptoms – see a doctor if your young child or adolescent

- earaches that are persistent or painful, lasting from a few hours to more than a day
- feeling of fullness or pressure in the ears
- hearing problems
- dizziness and/or loss of balance
- ear drainage
- green or yellow mucus
- persistent high fever (over 101°)
- severe headache, stiffness of the neck or swelling in the neck
- wheezing or difficult breathing
- "cold" symptoms that do not ease within 10-14 days

## Treatments

Your doctor may recommend a variety of treatment depending on what your child is suffering from. These options may range from 'wait and see', drug therapies such as antibiotics or allergy medications or in certain cases surgery. Your doctor will recommend a treatment that best fits with your child's individual situation and disease.

## My doctor recommends surgery for my child...

It can be scary to hear that your child needs surgery but don't worry, talk to your doctor. There are different surgical procedures available and your doctor will be happy to explain the procedure he or she has chosen and risks associated. For example, if your child has a chronic middle ear infection, he or she may recommend that your child has a CO<sub>2</sub> laser assisted surgical procedure called a Myringotomy, which is an operation that opens a small hole in the ear drum allowing fluid to drain.

Learn more at: [www.YourENTHealth.com](http://www.YourENTHealth.com).

## Why CO<sub>2</sub> laser surgery?

CO<sub>2</sub> laser surgery benefits both your child and your doctor. A CO<sub>2</sub> laser is a unique device that allows your doctor to perform certain surgical procedures with increased precision, smaller or no incisions, and little or no bleeding. For your child it offers multiple benefits, these may include speeded healing times<sup>1</sup>, less post-operative pain<sup>2</sup> and surgery may be performed in your doctor's office using a local anesthesia<sup>3</sup> (dependent on child age, procedure and office setting). If your child needs surgery, ask your doctor if he or she will be using a CO<sub>2</sub> laser.

1. Kamami, 2000 - Laser assisted outpatient septoplasty Results in 703 patients

2. [www.entnet.org](http://www.entnet.org) - Remacle, 2002 - Carbon-dioxide laser-assisted tonsil ablation for adults with chronic tonsillitis: a 6 month follow up study

3. Gordon Siegel, MD, FACS and Rakesh Chandra, 2002 - Laser Office Ventilation of ears with insertion tubes

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