



PREVENT UNNECESSARY Urgent Care / ER VISITS

Please call us before you to go Urgent Care / ER

Each year hundreds of Urgent Care / ER visits and expensive co-pays for Northwest Hills Pediatrics patients might be avoided with a phone consultation and office or home based treatment



LACERATIONS: Many cuts can be closed in our office without stitches using special glue for the skin called "DERMABOND"

CALL US FIRST – to help assess your child's laceration

BELLY PAIN: Serious causes of abdominal pain exist but are rare. Many children with pain are in fact constipated... even with a daily BM.

CALL US FIRST – to discuss your child's symptoms



CROUP: A barking cough can often be calmed with steam, cold freezer or night air.

CALL US FIRST – to help decide which treatment your child needs

FINGER, WRIST & ANKLE INJURIES: Lots of sprains and strains can be treated with RICE (Rest, Ice, Compression and Elevation)

CALL US FIRST – to help assess your child's injury

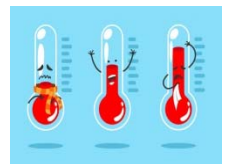


BUMPED HEAD: The majority of concussions does not need imaging and heal spontaneously over time with physical and cognitive rest

CALL US FIRST – to review your child's symptoms

FEVER: Fever helps the body fight infection and is rarely harmful.

CALL US FIRST – to discuss when to schedule a visit



EAR & THROAT: Both ear and throat pain is often soothed with ibuprofen.

Most ear infections resolve without antibiotics.

CALL US FIRST – to help assess your child's pain

WORRIED ABOUT WAKING UP A PROVIDER AT NIGHT?

Don't be! At Northwest Hills Pediatrics a provider is available 24/7 to discuss your child's symptoms.

CALL THE ON-CALL PROVIDER TO HELP DECIDE WHETHER A TRIP TO URGENT CARE / ER IS NEEDED