

# Effective Medicine in Small Doses

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## 1 Less Pain, More Gain

### Almost painless injection technique:

1. Ensure relaxation of patient and the muscle to be injected by massaging the intended site for 20 to 30 seconds. (By using the alcohol swab during the cleaning process.)
2. Stretch the skin firmly before inserting the needle.
3. Insert the needle quickly into the stretched skin.
4. The discomfort can be much reduced by using a smaller gauge needle.



### Painless wound suturing: (non contaminated wounds only)

1. Irrigate the wound with a small volume of local anaesthetic.
2. Insert the needle through the open wound to reach the subcutaneous tissue.
3. Infiltrate the length of the wound on both sides.

Ref: Practice Tips – John Murtagh (3<sup>rd</sup> Edn.)

## 2 “Dry” ear Syringing

Most of us use a kidney dish to collect the syringed fluid during ear syringing.

This usually results in a wet patient and doctor, or repeated trips to clear the kidney dish at the nearest sink.

A very useful and practical solution is to use an empty plastic container or ice cream bucket container.

The pliable side of the plastic container moulds itself to the side of the patient's face and if a small recess is cut out from the side of the container (to accommodate the ear), the fit would be so good that spillage would be a thing of the past.

I personally use half a 3.6 l plastic bottle that has the added advantage of being able to keep more fluid thereby reducing the need for repeated emptying.

Ref: Practice Tips – John Murtagh

## 3 Eruption of Teeth (how to advise anxious parents)

Deciduous Teeth (total 20)	Number	Age at eruption*
Lower central incisors	2	5-9 mth
Upper central incisors	2	8-12 mth
Upper lateral incisors	2	10-12 mth
Lower lateral incisors	2	12-15 mth
1 <sup>st</sup> molars	4	10-16 mth
Canines	4	16-20 mth
2 <sup>nd</sup> molars	4	20-30 mth
Permanent Teeth (total 32)	Number	Age at eruption*
1 <sup>st</sup> molars	4	5-7 yr
Incisors	8	6-8 yr
Bicuspid	8	9-12 yr
Canines	4	10-13 yr
2 <sup>nd</sup> molars	4	11-13 yr
3 <sup>rd</sup> molars	4	17-25 yr

\* Varies greatly.

The average child should have 6 teeth at age 1 yr, 12 teeth at 1.5 yr, 16 teeth at age 2 yr and 20 teeth at age 2.5 yr.

Molars are numbered from the front to the back of the mouth.

Ref: The Merck Manual of Diagnosis & Therapy 17<sup>th</sup> Ed. Merck & Co., Inc. 1999

## 4 Teething Issues

- Exclude other possible causes of irritability in a 'teething' child (e.g. urinary tract infection, meningitis, and otitis media).
- Teething does *not* cause fever per se.
- Relieve discomfort with paracetamol.
- Can chew on: Teething ring (kept cold in the refrigerator) or a clean, cold, lightly moistened cloth facewasher (a piece of apple can be placed in the facewasher).
- Parent can massage gum with forefinger wrapped in a soft cloth or gauze pad.



Ref: General Practice (International Editions 2000) 2<sup>nd</sup> Ed. John Murtagh. McGraw-Hill Book Co. 1999