

When to Bring Your Child to an ENT

Ear, nose and throat concerns are among the top reasons children are brought to the doctor. This is because children are especially sensitive to issues like ear infections and food allergies, and because certain birth defects such as cleft palates must be treated at a young age to prevent complications later on.

Here are some common ENT conditions we treat in children:

- **Ear infections.** Most children experience at least one ear infection by age three, and 30 percent of children have had three or more episodes by this time. The reason for this is because the Eustachian tubes in children's ears are horizontal, so fluids are unable to drain and can become trapped in the middle or inner ear. *See an ENT when your child pulls on their ears, seems irritable, wakes up frequently at night, experiences fever and/or loses their sense of balance.*
- **Nose bleeds.** Chronic nose bleeding, also called epistaxis, is often the result of trauma, dryness or inflammatory disease. Common treatments include the use of saline spray, humidifiers and/or Vaseline. *See an ENT if nosebleeds continue despite treatments.*
- **Tonsillitis.** Tonsil infections are most common in children between four and seven years of age. Almost all cases of tonsillitis (85 percent) are caused by viruses. *See an ENT when your child experiences frequent or chronic tonsillitis, when only one tonsil is affected or when the tonsils become so enlarged they cause difficulties with swallowing or breathing.*
- **Sinus infections.** Sinus infections, also called sinusitis, are often caused by the cold, flu, allergies or infections. *See an ENT when your child suffers from symptoms that last more than two months or continue to return after treatment.*

The best way to treat ENT disorders in children is to bring them to an ENT clinic, where multiple specialists work in close collaboration to care for your child's well-being.