

Laryngitis - Allergic

Definition

- Allergic reaction of the voicebox (larynx) and vocal cords

Health Information

Symptoms

- Voice (or cry) is raspy and deeper than usual
- Cough and throat clearing is often present
- Runny nose and watery eyes may also occur
- Allergic symptoms often have a sudden onset.

Causes

- Reaction to an inhaled substance (called an allergen). Most often, this is a pollen.
- Grass, trees, weeds and molds are the most common pollens.
- Allergens can also be from cats, dogs, horses, rabbits and other animals.
- Dust, chemicals, or pollutants can also cause a raspy voice. This is from irritation of the vocal cords, not an allergic reaction.

Prevention - How to Reduce the Pollen Your Child Breathes:

- Pollen is carried in the air.
- Keep windows closed in the home, at least in your child's bedroom.
- Keep windows closed in car. Turn the air conditioner on recirculate.
- Avoid window fans or attic fans. They pull in pollen.
- Try to stay indoors on windy days. Reason: The pollen count is much higher when it's dry and windy.
- Avoid playing with the outdoor dog. Reason: Pollen collects in the fur.
- Pollen Count: You can get your daily pollen count from www.pollen.com. Just type in your zip code.

Care Advice

1. Overview:

- Pollen allergies are very common. They occur in about 15% of children.
- Symptoms can be controlled by giving allergy medicines. Use either a short-acting (Benadryl) or long-acting (Zyrtec).
- Since pollen allergies recur each year, learn to control the symptoms.
- Here is some care advice that should help.

2. Allergy Medicines:

- Allergy medicines are called antihistamines.
- They help control all allergic symptoms.
- The key to control is to give allergy meds every day during pollen season.

3. **Long -Acting Allergy Medicines:**
 - Long-acting allergy medicines (such as Zyrtec) are best for allergic laryngitis. No prescription is needed. Age limit: 2 years and older.
 - Advantage: Causes less sedation than older allergy meds such as Benadryl. It also is long-acting and lasts up to 24 hours.
 - Dose: follow the package directions.
 - Downside: sometimes will have breakthrough symptoms before 24 hours. If that happens, you can give a single dose of Benadryl.
 - Cost: Ask the pharmacist for a store brand. Reason: Costs less than the brand name products.
4. **Warm Liquids:**
 - Age over 1 year. Can sip warm fluids such as chicken broth or apple juice.
 - Age over 6 years. Can also suck on cough drops or hard candy. Butterscotch seems to help.
 - Age over 8 years. Can also gargle. Use warm water with a little table salt added. A liquid antacid can be added instead of salt. Use Mylanta or the store brand. No prescription is needed.
5. **Rest the Voice:**
 - Avoid yelling and screaming. (Reason: causes vocal cord strain.)
 - Have your child try to talk as little as possible. He or she can also write notes for a few days.
 - Also, avoid clearing the throat. (Reason: Can make hoarseness worse.)
6. **Avoid Tobacco Smoke:**
 - Tobacco smoke makes hoarseness and coughs much worse.
7. **Wash Pollen Off Body:**
 - Remove pollen from the hair and skin with shampoo and a shower. This is really important before bedtime.
8. **What to Expect:**
 - Hoarseness from an allergic substance that can be avoided should go away in hours. Examples are a reaction to pets, a barn, raking leaves or air pollution.
 - Hoarseness during pollen season can last 4-8 weeks. It may return whenever you don't give the allergy medicine. It can flare-up whenever the pollen count goes high.
9. **Return to School:**
 - Your child does not need to miss any school for allergies.

Call Your Doctor If

- Trouble breathing or swallowing occurs
- Hoarseness is not better in 2 days after starting allergy medicine
- You think your child needs to be seen
- Your child becomes worse

Pediatric Care Advice

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