

Education

NASAL CONGESTION

Treatment for Nasal Congestion:

1. Increase fluids
 - *May give frequent breast feeds or dilute prepared formula with pedialyte for 1 to 2 days
 - *May offer Pedialyte for feeds or between feeds
2. Cool, moist air
 - *Crack window
 - *Cool mist humidifier or warm steam vaporizer (clean daily/use fresh water daily)
3. Avoid irritants and allergens
 - *Avoid smoke from cigarettes or fireplaces/wood burning stoves
 - *Avoid animal hair and dust (furniture, clothing, rugs, mattress, pillow)
4. Elevate Head of Bed
 - *Approximately 30 degrees
 - *Do not prop on pillows; elevate by object under mattress
5. Nasal Saline drops or spray
 - *Use as often as needed (at least am, afternoon, pm and before each feed in baby)
 - *Store bought brands: Nasal, Ayr, Ocean, Salinex
 - *Homemade: 1/2 cup boiling water + 1/4 tsp salt; let cool
6. Antibiotics : Per MD/NP
7. Decongestants: Per MD/NP (not recommended for child <2 yrs)
(provider directed for <6 years)

Call our office if...

- *Fever > 100.3 in infants <8 wks old
- *"Worse on the 5th day or no better on the 10th day"
- *Increased irritability
- *Increasing frequency of cough
- *Inconsolable > 30 minutes
- *Poor Feeding

Administration of nasal saline drops to a child...

- *For infants: hold baby supporting the neck and head, with head tilted back slightly; In older children, have the child lie down on his/her back. A pillow placed under the neck may provide additional support
- *Drop 2 or 3 drops in each nostril and have child remain for 30-60 seconds before rising. Excess nasal secretions should be removed by having the child blow the nose or use a bulb syringe to gently aspirate.
- *To remove excess nasal secretions in infants: gently wipe the nose with a disposable tissue and use a nasal aspirator
- *Rinse saline dropper with hot water and wipe with clean towel. Do not share between children.

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