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at CARITAS

NASAL CONGESTION

Treatment for Nasal Congestion	Some Suggestions...
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.
Cool, moist air	Crack window <u>Cool mist humidifier</u> or warm steam vaporizer (clean daily/use fresh water daily)
Avoid irritants and allergens	Avoid smoke from cigarettes or fireplaces/wood burning stoves Avoid animal hair and dust (furniture, clothing, rugs, mattress, pillow)
Elevate Head of Bed	Approximately 30 degrees Do not prop on pillows. elevate by object under mattress.
Nasal Saline drops or spray	Use as often as needed (at least am, afternoon, pm and before each feed in baby) Store bought: Nasal, Ayr, Ocean, Salinex Homemade: ½ cup boiling water + ¼ tsp salt; let cool
Call our office if...	Fever > 100.3 in infants < 8 wks old Worse on the 5 th day or no better on the 10 th day Increased irritability Increasing frequency of cough Inconsolable > 30 minutes Poor Feeding
Antibiotics	Per MD/NP
Decongestants	Per MD/NP (not recommended for child < 2 yrs) (provider directed for < 6 years)

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 to 60 seconds before rising. Saline will remoisten the nasal tissue and loosen nasal secretions. 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 disposable tissue and use a nasal aspirator
- Rinse saline dropper with hot water and wipe with clean towel. Do not share between children