

Instructions for Nasal Congestion

Materials Needed: Nasal Aspirator (bulb syringe)

Soft plastic dropper

Sterile salt solution

How to mix salt solution:

- Mix $\frac{1}{4}$ teaspoon salt with one cup of water and $\frac{1}{4}$ teaspoon baking soda
- Boil 5 minutes and let cool completely
- Place small amount of this solution (about 2 oz) in sterile bottle with dropper to have on hand.

Procedure:

- Place baby in an infant seat OR elevate the head of the bed by placing pillows under the mattress before start of procedure
- Instill several drops of salt solution in nostril; then suck back out with aspirator
- Do this before meals and at bedtime
- Expect crying, screaming, and fighting

A cool air humidifier aids in keeping the room moist, which helps baby move secretions easier.

Follow all formula feedings with about 1 oz of diluted apple juice or water