

Colds and Congestion

Infants frequently experience nasal congestion in the first few months of life. This is because their nasal passages are small, and they can't clear their secretions well by blowing their noses. You can suction these secretions using the bulb syringe given to you in the nursery. Squeeze the bulb, then place it at the opening of the infant's nostril and gently suction. Do this on each side. Please clean the bulb syringe with water after using it.

You can also instill some saline (Baby Ary Saline or Ocean Drops) in each nostril prior to suctioning. You can make your own saline drops by mixing $\frac{1}{4}$ tsp. salt in a cup of warm water. Use a small dropper to place several drops in each nostril. Over-suctioning can cause irritation and swelling of the nasal tissue, so be careful not to suction too frequently. Prior to eating and sleeping are good times to suction. A baby with nasal congestion may be more comfortable sleeping with the upper body elevated. Running a cool mist humidifier also helps moisten the nasal passages.

Upper Respiratory Infection symptoms may include runny nose, mucous blocking the air passages in the nose, congestion, and cough. Upper Respiratory Infections can last seven days. Antibiotics do not alter such an infection and should not be given.

Contact us if any of the following symptoms occur:

1. Fever 100.4 or greater-especially in infants less than 3 months old. If your child is less than 2 months old, fever is considered an emergency.
2. Cough-especially excessive cough or cough in an infant less than 3 months of age
3. Poor Feeding
4. Fussiness
5. Heaving of chest when breathing (retracting)
6. Persistent Symptoms

Please also call us if you have any questions or concerns about your infant, even if your infant is not exhibiting any of the previously discussed symptoms.