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 less than 2 years old)
                                (provider directed for less than 6 years old)

Call our office if...
*Fever greater than 100.3 in infants less than 8 weeks old
*"Worse on the 5th day or no better on the 10th day"
*Increased irritability
*Increasing frequency of cough
*Inconsolable greater than 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 after waiting 5 minutes

*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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