

Nose drops



Saline nose drops

1. Saline nose drops are used to clean your baby's nose, especially when he has a cold or congestion (stuffy nose). Homemade saline (salt water) nose drops are recommended because other kinds of over-the-counter nose drops may contain drugs that are harmful to your baby.

Making nose drops

1. Saline (salt water) nose drops can be made as follows. You will need to buy a dropper at the pharmacy:
 - Add 1/2 teaspoon of table salt to 8 ounces of warm tap water.
 - Salt will dissolve in the warm water.
 - Allow to cool before using.

How to use nose drops

1. Place 3–4 drops in one side of your baby's nose while the head is tilted slightly back. Suction with the bulb syringe. Repeat on the other side. Baby may cough, sneeze and/or swallow part of the solution. This is normal.
2. Saline nose drops can be used whenever needed. If your baby has a cold or nasal congestion that makes feeding difficult, use the nose drops before feedings.
3. Homemade saline nose drops should be made daily.
4. Store the saline in a clean bottle and use a clean dropper (washed in *hot* soapy water, rinsed well with *hot* water).