

Congestion

Many newborns appear to sound congested. Many parents describe a series of snorty noises which may in fact be normal. If a newborn is able to nurse or bottlefeed without difficulty, it usually means that he/she is not congested. Skin color is another important sign. If your infant's color is remaining pink, it is reassuring. If your infant has noisy breathing that seems to interfere with their ability to nurse, then the perceived congestion is probably real. In that case you should run a cool mist humidifier in the bedroom and utilize the bulb syringe you received in the hospital to suction the infant's nostrils. The later should be performed only if their ability to nurse is impaired by congestion. Too frequent and forceful suctioning of the nostrils can actually lead to swelling of the inner lining of the nose and impair the flow of air. If the mucous is too thick to be suctioned from the nose, you can loosen it by spraying some Nasal nose drops in each nostril immediately prior to suctioning. If this is still not successful, then contact me for further assistance. Call for any associated cough in the newborn period. Please check you infant's temperature prior to calling me and follow the directions in the Fever Section found later in this manual. In addition, contact me immediately if your infant is having labored breathing. Labored breathing would appear as marked pulling in and out of the chest wall or ribs.