

How to Suction Your Baby's Nose



1. **Gather Supplies.** (nose dropper, saline, baby blanket, changing pad).
2. **Get Baby Ready.** Put your child on their back. It may help to swaddle your baby in a blanket or have another person hold them to keep their hands down.



3. **Put saline in nose.** Put 2 to 3 drops of saline in one side of your baby's nose using the dropper (use 2 to 3 sprays if you have spray). Let the saline remain in the nose for 1 to 2 minutes before suctioning. You can buy saline at the drug store or make it at home by dissolving $\frac{1}{4}$ teaspoon of salt in $\frac{1}{2}$ cup of warm tap water. You should make a fresh batch each day and store it in a covered container.



4. **Squeeze the air out of the bulb syringe.**



5. **Insert bulb syringe.** Keeping the syringe squeezed, gently insert the rubber tip $\frac{1}{2}$ inch (no farther) into the nostril that you just put saline in.



6. **Slowly release squeeze.** While the tip is still in the nose, slowly release your squeeze on the bulb to suction out the mucus. Keep the syringe pointed straight toward the back of your baby's head. Do not angle upwards.

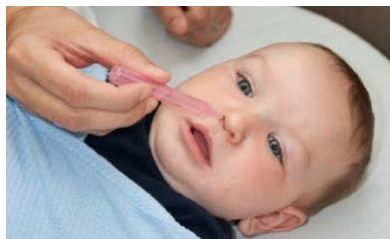


7. **Empty out mucus from bulb.** Remove the bulb syringe from the nose and squeeze it onto a tissue to force out the mucus.



8. **Wipe the bulb syringe and repeat** steps 2 through 6 for the other nostril.
9. **When you are done, clean the device.** Clean the bulb syringe with soapy water and rinse after use.

How to Suction Your Baby's Nose Using a Mouth-Operated Suction Device



See steps 1 – 3 above.

1. Gather supplies.
2. Get baby ready.
3. Put saline in nose



4. **Insert tip of nozzle into nose.** Place the nozzle of aspirator at the opening of the nostril. Put no more than ½ inch of the aspirator tip up the nose.
5. **Suck.** Use your mouth to gently suck at the end of the mouthpiece. The device has a filter to prevent the mucus from entering your mouth.
6. **Repeat** steps 1 – 5 on your baby's other nostril.



7. **Clean the device.** Take apart the device and clean the nasal aspirator with soapy water after use. Rinse and air dry.



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