

A CLEANING CHILD'S NOSE



It is very important to know how to wipe your children's noses. Proper nasal cleaning can avoid respiratory illnesses and can help in the treatment of rhinitis or sinusitis.

Your doctor's guidance is the first step in starting to wipe your child's nose.

Removing secretions

- ▶ **Small children (or infants) or those who still cannot wipe their noses:** nasal hygiene should be done with serum and, with care, using a cotton swab to remove secretions from the most external part of the nostrils'. Never fully introduce a cotton swab into the child's nostrils.
- ▶ **Small children:** Ask your child to blow his nose lightly. In case of nasal obstruction, he should not blow his nose hard.

Attention

Blowing the nose too hard may dislodge secretions all the way into the paranasal cavities (facial sinuses) and/or ears.

Washing children's noses

- ▶ Create a calm environment;
- ▶ Explain to the child the importance of wiping his nose and how it will be done;
- ▶ Heat the physiological serum or similar product to body temperature,
 - you can rub the bottle between your hands or place it under your arm to warm its contents;
 - when heating it in a water bath test the temperature on the back of your hand;

DROPPER - SYRINGE

- ▶ Bend the child's head backwards;
- ▶ Do not introduce the dropper or syringe into the bottle of serum. Use a small cup;
- ▶ Inject the dosage of serum prescribed in one go and clean the nasal cavities.

NASAL SPRAY

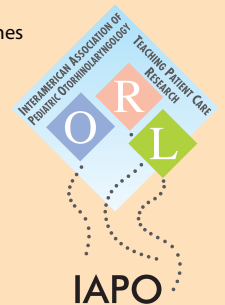
- ▶ Keep the child sitting with his chin down;
- ▶ The spray used in this way reaches the furthest region of the nose.

- ▶ Take care in using physiological serum

CARE OF THE PHYSIOLOGICAL SERUM

- Store in fridge
- Renew every 2 or 3 days

IF SYMPTOMS PERSIST, THE DOCTOR MUST BE CONSULTED.



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