

Blocked nose: Nasal irrigation in the event of a cold



From time to time, your baby may have a cold and have difficulty breathing because their nose is clogged with mucus.

As babies breathe mainly through the nose, it may be difficult for them to eat and drink. This is why nasal irrigation is recommended before feeds/meals.

How to do it at home

- As babies' noses are sensitive and fragile, the following steps should be done with care
- Prepare a vial of saline solution (at least 5 ml)
- Lay your baby on their side
- Put the correct end of the vial into the upper nostril
- Gently empty half the contents into the nostril. The liquid will come out along with mucus through the lower nostril or drain into the throat
- Place your baby in a sitting position to allow them to catch their breath
- Lay your baby on the other side and repeat with the other nostril

Important

- This procedure must be done gently
- You need to hold your baby firmly during the procedure to avoid injuring them
- The use of a baby nasal aspirator is not recommended, but if you wish to use one, you should ask your paediatrician
- If your child's breathing does not improve, seek medical advice from an early childhood professional



Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



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