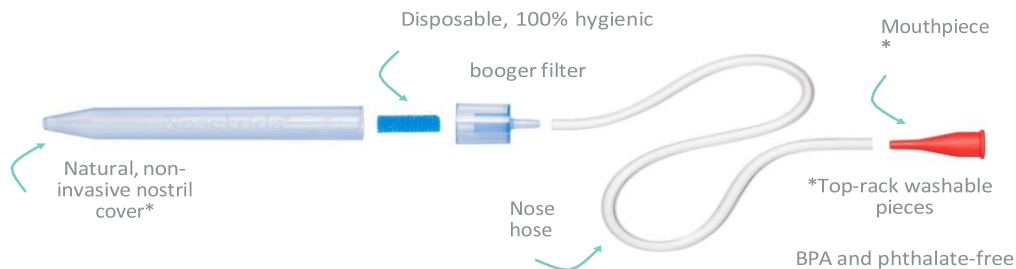


Using an At-Home Nasal Aspirator (NoseFrida)

What is a nasal aspirator?

A nasal aspirator is a natural, clean tool that helps suction mucus (boogers) out of your baby's nose. Some families find that traditional bulb syringes are hard to use and clean. This tool uses human suction to control the speed and strength of airflow. This lets parents easily and quickly remove mucus. It uses a disposable filter to stop the transfer of mucus and germs. All of the pieces come apart and most can be washed in the top rack of the dishwasher, except the long tube that is cleaned with a few drops of alcohol. One common brand of at home nasal aspirators is NoseFrida.



Why is it important to suction my baby's nose?

Babies breathe through their noses. Using a nasal aspirator will help your child breathe easier, which helps them sleep and eat more comfortably. Your child may not like when you use this, but it will make them feel better.

How to use the nasal aspirator

Items you need before you start:

1. The Hygiene Filter. The filter should always be in place to stop mucus or bacterial transfer
2. A blanket to wrap your child in.
3. A bottle of liquid saline used for nasal suctioning. You should use the squeeze bottle, NOT the mist and turn the bottle upside down in order to get drops out.
4. A rag, tissue, or something to put the mucus on. A wet wipe won't work well.

*Please refer to the manufacture's package insert for details about safe use.

How it works:

How to suction with a nasal aspirator:

1. Put a couple of drops of saline up one nostril and place large tube against baby's nostril (not inside) making a seal (3-5 drops for babies less than 6 months; 10 drops for greater than 6 months). Use the red mouthpiece to suck out mucous. Dump the mucous on the tissue/rag. Repeat with the other nostril. Repeat this process until clear.
 - Do NOT stop sucking until you reach the rag. If you do stop sucking, the mucous will fall out on the baby's face. When you reach the rag LIGHTLY blow the mucous out. You can blow the filter out of place if you blow too hard.

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2. Finish by suctioning each nostril one last time to get the rest of the saline out. While suctioning out one side of the nose, put your finger over the other nostril.
 - This clears out the back of the throat.

Cleaning:

Wash with warm soap & water. Clean thin tube with a few drops of rubbing alcohol.

*Please refer to the manufacturer package insert for more details about safe cleaning.

Tips and Tricks:

Wrapping up/ restraining your child:

- One person hold: Place your baby's arms by their sides and tightly wrap a sturdy blanket or towel around them from the neck down. Wrap them so that the ends of the towel/blanket are behind them and tight enough that they can't get their hands out.
- Two people hold: Use a towel/ blanket and wrap the child as described above except for leaving their arms unwrapped. The person holding the child (the Holder) will need to place both arms above the child's head (elbows to ears) and secure their arms by pushing them against their head. This will allow the Holder to secure the head and arms at the same time.

Suctioning:

- Take deep breaths in between each suction
- DO NOT stop sucking until you reach the discard rag. When you stop sucking the mucus will fall out.
- When you reach the discard rag LIGHTLY blow the mucus out. You can blow the filter out of place if you blow too hard.
- Saline is very helpful for suctioning. If your baby swallows some saline it will not hurt them.

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