

# Normal Saline Nose Drops

## (Salt Water Nose Drops)



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R. D. 4/01  
Page 1 of 2

### Why does my baby need these drops?

Your baby is not able to breathe through its mouth, so if your baby has a stuffy nose, it will have a hard time breathing. This makes it hard for your baby to eat and sleep.

When your baby has a stuffy nose, you can treat it by putting salt water (saline) nose drops in the nose, and using a bulb syringe to clean it out.

### How do I get the drops?

You can buy the drops over the counter (without a prescription). Some common brands are:

- Ocean
- Ayr
- NaSal

You can make the drops yourself:

1. Boil one cup of water.
2. Add 1/4 teaspoon of salt, and stir.
3. Let the mixture cool down to room temperature, and put it in a clean container.
4. Store it at room temperature.
5. Make a new batch every day.

### How do I use the drops?

1. With a clean eyedropper, put 2 or 3 drops in each side of the baby's nose.  
This helps to loosen the secretions in the baby's nose. Do not use this eyedropper for any other medicine.
2. Wait about one minute.
3. Suction the baby's nose with a bulb syringe.
4. Using the drops and bulb syringe can be done as often as every 3 hours for baby's stuffy nose.

(over)

## **When should I suction my baby's nose?**

Suctioning is used when your baby has a lot of mucus (snot) in the nose. You may use the bulb syringe to suction your baby's nose:

- Before feeding.
- Before putting your baby down for naps.
- After using salt water nose drops.
- Anytime that the mucus (snot) interferes with the baby's breathing or feeding.

## **How long do I do this?**

Until the mucus (snot) clears up or until the baby breathes more easily.

### **When should I take my baby to the doctor?**

- If the mucus changes to green or yellow.
- If the mucus gets thicker.
- If the baby runs fever of more than 101°Fahrenheit (38.4° Centigrade).
- If the stuffy nose lasts 10 days or longer.
- If your baby is having more trouble breathing.