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## **BULB SUCTIONING**

### **What is bulb suctioning?**

Bulb suctioning is when mucus is removed from your baby's nose or mouth with a bulb syringe. Suctioning will make it easier for your baby to breathe and to breast or bottle feed. Babies breathe only through their nose until they are about four months old.

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

The best times to suction are right before a feeding, nap, or bedtime. Never suction your baby's nose right after a feeding, as this may cause your baby to vomit.

### **How can I make saline nose drops?**

Mix  $\frac{1}{4}$  teaspoon of table salt into  $\frac{1}{2}$  cup of warm (not hot) water, stir to dissolve, let cool. Make fresh solution each day.

Saline drops help to thin down the mucus when it is too thick to suction easily. Saline nasal drops are also available at any drug store.

### **How do I suction my baby's nose?**

Lay your baby on his back and tilt the head back slightly. You may use a small pillow or rolled up blanket/towel underneath the baby's shoulders for support. **DO NOT** overextend your baby's head.

Using a nose dropper, drip 2-3 drops of salt water into one nostril, hold your baby with his head back for about 1 minute to give the salt water time to thin the mucus.

Suction the side you put the drops in.

Squeeze the air out of the bulb syringe and gently place the tip of the bulb into the nose (no more than  $\frac{1}{4}$  to  $\frac{1}{2}$  inch).

Slowly let go of the bulb and let the bulb fill with air and thinned mucus.

Remove the bulb and squeeze the mucus into a tissue.

Repeat the above sequence on the other nostril.

Clean the bulb syringe daily with warm soapy water and rinse it thoroughly.

Call our office for trouble breathing, lots of mucus or bloody drainage, high fever.

**For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.**