

# Should nasal aspirators be used for babies and young children?

Many mothers wonder whether or not to use a nasal suction machine for babies? How to use the right way? Let's find out with Quantrimang!

The birth of an infant nasal suction device provides a solution for airway obstruction when babies suffer from common respiratory diseases such as nasal congestion, productive cough . However, there are still a few. Parents are asking whether **infants' nasal aspirators** should be used. Does nasal suction machine affect the nasal mucosa of an infant? How to use a nose cleaner properly? Let's find out with Quantrimang!

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## Should nasal aspirators be used for babies and young children?

Babies and young children are very sensitive objects, their bodies are in the process of formation and completion. The proper suction of mucus in the nose and throat will help babies breathe easier and recover faster. In the past, grandparents used to use a mouth to suck children nose but it was not very effective and hygienic, now there is an instrument that helps to make nasal suction more simple and convenient. It's a nasal aspirator. However, should nasal suction machines be used? Does it affect the child's nasal mucosa?



In terms of efficiency of using the machine, parents can be assured because now, reputable brands producing nasal suction machines pay special attention from the stage of material production to the operation technology of the nasal suction machine, Moreover, it is committed to ensuring standards of hygiene and safety and not affecting the nasal mucosa of infants. What parents need to do is ensure that the product they buy is a genuine product from reputable brands, with a full warranty.

In terms of safety when using it depends on many factors, including objective and subjective. It is objective whether parents have used the device properly according to the manufacturer's instructions, have correctly identified the child's illness as well as the purpose of using the device or not, whether the parent is too dependent into a nasal aspirator or not?

Therefore, to ensure the safety of your baby's health, parents are using the device the best way, at the right time, at the right time and not too abusing it. If you do this, the nose machine will really be a most useful friend of the family. Here, let us solve these problems one by one!

## **When to suck the nose for infants and young children?**

Weather changes, especially in the intermittent seasons, young children often suffer from respiratory problems causing stuffy nose, runny nose, shortness of breath due to mucus and sputum contained in the oral cavity, sinus. Depending on the case, the degree of disease that there are different treatments. Here are specific cases parents should use the nasal suction tool for newborn babies:



1. Should be used for children under 2 years of age, unable to blow their nose, spit themselves out, to ensure breathing for children.
2. When a child has breathing problems that cause difficulty in breathing and eating problems due to a lot of sputum, such as cough with blue sputum, thick sputum difficult to remove, nasopharyngitis, upper respiratory infection, inflammation Allergic nose with sputum secretion .
3. Babies or young children are wheezing, have trouble breathing and need more oxygen to breathe.
4. Children with high fever, ever showing signs of seizures, or difficulty breathing.
5. You should consult a physician before using a nasal suction device for young children. If the disease is milder, the amount of sputum is less then parents can refer to lighter methods such as drinking more water, sucking more; physiological nasal drops;how to wash the nose with a bottle or nebulizer nebulizer help eliminate phlegm .



Note, in fact, nasal aspiration should only be applied to children under 2 years of age, when the child is not able to blow his nose, spit out sputum itself, so it needs to be supported by tools to remove sputum. But for older children, when children have the ability to cough up phlegm according to the instructions of adults, the suction of the nose should only be used when children have serious medical conditions such as seizures, coma .

**See also:** What is the use of nasopharyngeal nectar Are there any methods to clear the nose and throat?

## **Proper nasal suction for infants and young children**

First of all, parents need to understand the cause of the disease in the child, the extent of the disease is appropriate to use a nasal suction machine or can consult a doctor to know the condition of the baby should use a nasal aspirator for babies or not. If yes, please follow these basic steps:

Step 1: Put (or spray) physiological saline into baby's nose to moisten and loosen the mucus before sucking them out.



Step 2: Conduct suction nasal fluid. Mothers should put your baby on the bed with the head up or for babies to lie on their side.

With a handheld nasal suction device, the mother inserted the suction tip into the baby's nose. Then, use a hand pump to remove the mucus. When pumping, mothers pay attention to the speed of the pump gently, not too strong too fast, to avoid making children feel scared.



With a nasal aspirator, the mother places the suction tip into the baby's nose. Then, use a suction mouth to remove the mucus. Note that when smoking, mothers pay attention not to suck too hard, slowly suck the mucus out of the chamber and stop.

With an electric nasal aspirator, the mother just needs to put the tip of the nose and press the switch, the machine will suck the mucus clean for your baby without causing any pain.

Step 3: Use a cotton swab or soft dry paper twisted and gently put in dry nose for baby.



Note that, in some serious cases, your doctor may prescribe a separate medication to treat your baby in combination with a nasal suction method. Follow the doctor's instructions.

## **Safety precautions for infants and children when using nasal passages**

Practicing nasal suction by machine is quite simple, but how to ensure baby's nasal safety is not simple at all. Therefore, when sucking baby's nose, parents should note the following important things:

1. First of all, it is necessary to choose to buy machines of reputable brands, products that have been specially committed to the production of materials, operational technology, ensure standards of hygiene and safety and do not affect to Nasal mucosa of the newborn.
2. Adults before performing phlegm suction for children must ensure the implementation of aseptic process by cleaning hands with soap or disinfectant solution. Test the suction power of the aspirator before performing sputum suction for children.



1. Perform gentle suctioning procedures, especially when using a nasal suction device because the syringe can damage the structures of the nose causing bleeding, swelling of the nose, leading to increased shortness of breath in young.
2. Do not perform phlegm suction, nasal fluids more than 2 times / day to avoid thinning the nasal wall, creating unnecessary injuries to children.
3. Nasal suction should be done when the baby is hungry or after the baby has breastfed for about 30 minutes. Absolutely do not perform nasal suction for babies when they are sleeping or crying, this will make babies vulnerable to asphyxia very dangerous.
4. Breastfeed your baby, drink enough water.
5. After each sputum suction for children need to clean all parts of machinery as well as tools to suck sputum with soap, warm water or disinfectant solution, the better.
6. If the baby does not feel better in 3 days, he should see a specialist immediately because he may have more serious diseases such as pneumonia, bronchitis .

Hopefully after this article, parents will be more knowledgeable about nasal suction methods for infants and young children as well as be more proactive in protecting their children from respiratory diseases this winter!

Wishing parents to raise a healthy child.

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