

What is the need to pay attention to infants and young children 's nose?

Should nasal wash for babies, children? Note when washing the nose for infants, young children? The following article will help parents answer those questions.

In the first years of life, young children are more likely to suffer from respiratory illnesses that significantly affect their activities and play. To help children feel better and avoid further illness, parents need to equip themselves with basic care and treatment skills, especially how to clean their children 's nose at home. So **should nasal wash for babies** , children? Note when washing the nose for infants, young children? The following article will help mothers to answer these questions.

Nasal wash for infants, young children should note what?

1. The effect of proper nasal wash for infants, young children
2. When to wash the nose for infants, young children?
3. Ways to wash the nose for babies and children
4. Safety precautions when washing nasal for babies, children

The effect of proper nasal wash for infants, young children

The nasal wash for infants and young children is a common way to clean the nose that mothers often use when their children have a stuffy nose, runny nose, runny nose or suffer from nasopharyngitis. According to experts, washing the nose properly will bring many great benefits. Let's see what are the benefits!



Clean the nasal cavity. Nasal wash solution when inserted into the nose will help eliminate and eliminate harmful bacteria, thereby making the nasal cavity cleaner, more open.

Eliminate the factors that cause rhinitis. The nasal wash also removes the amount of sputum, mucus and bacteria present in the child's nasopharynx - factors that increase the child's rhinitis.

Help promote the effectiveness of medication. Experts say that washing the nose clean for children before using a drug prescribed by a doctor will help the medicine work effectively. Because, even if I use "panacea", my nose has too much clogged mucus, it's useless.



Help to improve respiratory system. Proper nasal washing can also help improve the respiratory system's self-cleaning ability, reduce irritation and increase nose resistance.

Delivers a comfortable feeling to the nasal cavity. Of course, by helping to remove mucus and mucus, the proper washing of the nose will help children less wheezing and much more comfortable.

When to wash the nose for infants, young children?

Nasal washing has many such benefits, but improperly washing the nose also brings about the same consequences. Therefore, it is important for parents to remember that they should wash their nose at the right time, at the right time and the frequency of appropriate nasal wash.

Which case should I wash my nose?

You only apply the method of nose washing for children in the following cases:

1. Babies have nasal congestion due to thick, fluid discharge that cannot drain out.
2. Wheezing due to many phlegm, mucus
3. Babies have rhinitis, stuffy nose, shortness of breath.



Frequency of nasal washing for children

Nasal wash is very good but not so that you wash your nose too many times a day, should wash your child's nose 2-3 times / day, at most up to 5 times / day. When the child is sick, parents can wash the nose for the child daily, but should wash before breastfeeding or eat because if done after the child eat, the baby is prone to nausea.

Particularly with a nasal spray method, you should not overdo it too much because it will make your child's nose drier, burning because of the damaged nasal mucosa and moisture loss.

Ways to wash the nose for babies and children

Wash your child's nose with physiological saline drops



Parents should use this method for cases of mild rhinitis, sputum not too thick. You just need to use a small physiological saline bottle and lay the child on his side and then 2-3 drops into his nose. Do this 3-4 times / day to keep your nose clean and well-ventilated.

Wash your child's nose with a spray solution

In addition to saline drops, parents can use nasal spray bottles for their children. The spray solution is usually for children with chronic rhinitis or sinusitis. How to do it is quite simple and fast, you just need to put your child on his side slightly and spray on one side of his nose. Note that this method should only be applied 3-4 times / day.



How to wash a child's nose with a syringe or cylinder

Nasal wash with tools such as syringes and cylinders can be applied to children over 6 months old, when they are able to sit firmly. When washing the nose, parents should not pump too hard because water can get into their children's ears. Parents should put children in a crouching position at an angle of about 30-45 degrees and pump gently but firmly, without interruption, avoiding the feeling of fear of children when washing their nose.

How to wash the nose for children with nose washers, nasal aspirators

Nasal bottle tools, nasal aspirators for children are very popular on the market with many different types. But overall, regardless of the type, the effect is relatively similar, so parents do not need to worry much.



Nasal suction device for Welbutech Co-Clean Baby COB-100.

For infants or children from 2-4 months old, children often not stiff neck, sitting still difficult, so the mother should use the device nasal suction device. Currently, all nasal suction devices are equipped with soft silicon tip, gentle suction speed, smoothness helps easily remove the amount of sputum, mucus in the throat. With these devices, parents should use nasal suction 2-3 times / day depending on the severity of the disease.

For children from 4 months of age and older, parents can wash the baby's nose with different nasal washers to wash the child's nose. Or you can also use a nasal suction if the nasal fluid is too dense and cannot be released by the water.

Safety precautions when washing nasal for babies, children

The proper and clean nose wash for babies and children is very good for health as well as creating a stepping stone to enhance the resistance of the child in the future. However, to achieve that, parents need to adhere to the following rules and safety precautions:

1. The cleaning process should be gentle, especially when using a syringe or suction device. Excessive suction of the mucus causes the nasal tissue to rupture, leading to bleeding and making breathing difficult.
1. Wash your nose, choose the position that best suits your child so that they do not panic when washing their nose. Do not worry if your child sneezes during the process of washing the nose, the cleaning solution can still enter the baby's nostrils.



1. It is best to wash the nose for young children should have two people, one babysitter, the other focuses on nasal washing for children. If your child is overreacting, try again later.
 2. Adults must clean their hands thoroughly before performing a baby's nose cleaning process using soap or dry hand wash water.
 3. Adults should not directly use their mouth to suck sputum from the mouth and throat of children because it is easy to cause unhygienic, strong suction easily thins the nasal wall, creating unnecessary damage.
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1. Read the instructions carefully before using with all types of nasal aspirators, pumps. Check the suction power of these products by placing your finger on the suction head.
 2. After use, clean all parts of the appliance and the syringe with soap or warm water.
 3. Finally, parents should be patient when treating children with ear, nose, and throat infections, because there is no method to help them recover in 1 or 2 days. Therefore, follow the advice and instructions of your doctor.

Above is our share on infant nasal cleansing, infants and basic notes. Hopefully these notes will help parents become more simple and more adept at washing their babies' noses.

Wishing parents success with the right way to wash their nose!

References: Top 3 aspirator, sputum suction best for the hospital

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