



How To Clean Your Baby's Nose?



Products such as a rubber bulb syringe or nasal aspirator can effectively remove mucus from a baby's nose, and a baby nasal cleaner can provide relief.

Nasopharyngeal (NP) suctioning may be performed by a nurse, doctor, or respiratory therapist in some cases.



Running a hot shower and sitting in a steamy bathroom with a baby may help loosen congestion.

Raising the head slightly while they are asleep can make breathing through a stuffy nose easier, and placing a towel under the baby's head in the crib can provide relief during bed or nap time.



A cold air humidifier in a baby's room can relieve a stuffy nose and prevent dryness in the nasal lining.