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LOCATION

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POST NATAL CARE OF NEWBORNS

*For the Purpose of Patient/Family Education, not to be circulated otherwise

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عنوان جديد للعناية الشاملة بالأم والطفل

Wash your hands thoroughly with soap and water before handling the baby.

• Keep the baby warm - a baby should wear 1-2 layers more than an adult. If cold, put a hat on the baby's head.
• Care for the umbilical cord-Do not apply anything like oil, powder, alcohol swabs, etc., on the umbilical stump. Always keep it dry.
• Keep the baby clean. You can bath the baby every day after the umbilical cord falls off. Clean baby's face first (clean eyes from inner canthus to outer canthus using one stroke), neck and the diaper area whenever needed. Make sure the room is warm when undressing baby.
• Provide nothing but breast milk day and night. No need for water or sugar water, as breast milk contains enough water.
• You should visit your Neonatologist on day 3 or as recommended by the discharging physician and between 7 and 14 days and 4-6 weeks after birth. At the 2 months visit the baby will be immunized.
• Let the baby sleep on his/her back or side. Do not allow the baby to sleep on his/her tummy.
• Keep the baby away from those who are smoking.
• It is not recommended to expose the baby to direct sunlight.
• Limit the number of visitors

Advice the mother and family to seek care immediately, day or night. They should not wait if the baby has any of these signs:

• Difficulty in breathing or indrawing of chest.
• Fits or any abnormal repetitive movements.
• fever
• feels cold
• bleeding in the umbilicus
• not feeding well
• Bluish discoloration of the face.

The mother and family should go to the hospital as soon as possible if a baby has any of the following signs:

• difficulty feeding (poor attachment, not suckling well)
• is taking less than 8 feeds in 24 hours
• pus coming from the eyes or skin pustules
• discharges from umbilical cord with pus or blood
• Yellow eyes or skin.
• Ulcers or thrush (white patches) in the mouth even after cleaning.

