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NEWBORN INSTRUCTIONS

**Congratulations on the birth of your baby. This can be both an exciting and an anxious time for you. We will give you assistance and guidance in any way possible. In addition to the information provided in handouts from our office, please feel free to ask us any questions you may have.**

1. **Breast Feeding:** Limit feedings to 15-20 minutes on each side until your milk comes in. It can take 2-3 days for breast milk volume to increase. Once your milk is in, let your baby empty one breast before changing sides. It is more important for your baby to get both fore and hind milk than to nurse an equal time on each breast. If you should have any questions, call our office or any of the many nursing support groups (helpful with non-medical questions).
2. **Formula Feeding:** Make formula according to directions with tap or bottled water. Unless you have well water, you should not boil the water so as to not concentrate impurities or chemicals.
3. If baby is breast-fed, nurse if hungry after 1 ½ hours or more from last feeding. If bottle-fed, feed if hungry more than 2 ½ hours from last feeding. Never awaken at night unless we instruct you to do so. If crying within 1½ hours after feeding, offer a pacifier because babies need to suck more often than they need to eat. Your baby does **not** need water in between feedings.
4. The cord can be cleansed with soap and water. The cord typically detaches by 2-3 weeks of age.
5. Apply Vaseline or A & D ointment to the circumcision until healed (it usually takes 7-10 days).
6. Sponge bathe head to toe with Dove, Cetaphil Cleanser, or Aveeno Baby Wash. You may tub bathe once the navel and circumcision are healed.
7. Use NO baby oil or powder, and if a diaper rash develops, try a moisturizing cream (Eucerin, Lubriderm, etc) and/or Balmex, Desitin, or A & D ointment.
8. Cleanse the diaper area with water. Do not use strong detergents on clothes and diapers. Bubble baths or detergents in the bathtub are not recommended.
9. If your baby is congested you can make saline nose drops by mixing ¼ tsp. salt into 1cup of water, or you can buy them over the counter (Ayr, Ocean, Nasal, etc.) A cool mist vaporizer may also help.
10. Do not use Q-tips in the ears at any age.
11. The first office visit will typically be 48-72 hours after discharge. Call for that appointment as soon as possible.
12. Call our office immediately if your baby has a rectal temperature of 100.5 or more, feeds poorly for 2 or more consecutive feedings, or becomes jaundiced (yellow look to skin) on the chest or belly. If anything concerns you about your baby, do not hesitate to call. Our nurses are available for advice at any time during business hours. When the office is closed, call our office number (above) for emergencies and our 24-hour Answering Service will contact us. If you do not receive a call back within 1 hour, please call again.
13. Whenever you call the office for advice, please have something available to make notes.
14. **Back to Sleep:** Always place your baby to sleep on their back to reduce the risk of SIDS. Remember to change the position of the head when placing him/her down to sleep to avoid a flat spot on the back of the head. During awake periods, 5-10 minutes of "tummy time" is recommended once or twice daily, to help your baby develop strong neck and back muscles. Never let your infant sleep in bed with you.
15. Don't listen to friends and relatives. You can't "spoil" your baby during the first 2 months.
16. Don't compare your baby with another baby. This isn't a race! Use your common sense and trust your instincts!
17. Hiccoughs and sneezing are common in little babies. If your infant develops a cough however, you need to call our office.
18. Babies should ride in the back seat in an approved car seat facing the rear for all trips in the car, van, or truck. Never hold your baby in the car, even for short distances. If driving in a pick-up truck, be certain to disengage the passenger side airbag.
19. Make sure that no one smokes around your baby. Check that your smoke and carbon monoxide detectors are in place and working properly.
20. Phone numbers to be placed in your cell phone:
  - Emergency/Ambulance: 911
  - Poison Control: 1-800-222-1222
  - Pharmacy: \_\_\_\_\_