

NURSERY DISCHARGE ADVICE



Going home with your bundle of joy is a wonderful experience. This leaflet serves to reinforce advice that given to you before your baby's discharge from the hospital. We hope this will be helpful.

- Clean baby's eyes regularly to prevent eye infection. Please consult your paediatrician if any eye discharge is seen.
- Avoid close contact with people who are having respiratory tract infections such as cough, running nose and etc. (or wear a face mask for the sick)
- Breastfeed your baby as breast milk contains antibodies that can protect your baby from infection
 - If mother has running nose or cough, she can continue to breastfeed her baby but is encouraged to wear a face mask to prevent transmission of infection

Newborn Circumcision

Circumcision for newborn babies is available on request. It is a simple procedure with minimal risks.

Post-procedure, baby will be observed for bleeding and ability to pass urine easily.

Upon discharge, diaper should be fastened loosely for few days.

- Seek advice if there is any discharge, redness and swelling of the penis which could indicate infection.
- Apply prescribed ointment as instructed.
- The plastibell will fall off spontaneously after 7-10 days.

SIGNS OF PROBLEM

Please consult your paediatrician immediately if your baby has any of the following:

- Refusal to drink milk
- Difficulty in breathing
- Vomiting frequently
- Fever
- Abdominal distension
- Passing watery and foul-smelly stool
- Skin appears yellow.

Do call us if you need any advice or when in doubt. We are glad to assist you in anyway we can.

IMMUNIZATION PROGRAMME

Immunization is meant to protect your baby. The entire schedule is in your Baby's Book given by the hospital.

• BCG

We have given your baby this injection on his/ her left arm. It will form a pustule (a little pimple with pus) and then a scar after 4 to 6 weeks. This is normal. Do not apply anything on it. Just keep it clean.



CARE OF UMBILICAL CORD

We have provided you with a week's supply of alcohol wipes to clean your baby's cord. Please remember:

- Open the packet away from baby's eyes
- Clean the cord twice a day. After morning bath and in the evening.
- The cord will usually fall off between 7 to 10 days.
- There may be mild bleeding seen during the separation.

This is normal.

- Do not apply powder or oil to the cord. This may cause infection.
- Observe the skin around the cord for redness, smell or discharge. These are signs of infection.

Do seek medical advice if any of these are present.

FEEDING

Adequate nutrition and hydration will help your little one to remain healthy. Feed your baby when she/ he cries for feed (i.e. on-demand feed) or every two to three hours.

Baby may swallow air into the stomach during feeding which may cause vomiting. Burping your baby helps to expel ingested air.

JAUNDICE

Jaundice is expected in the first week of life. When you are at home, you are advised to observe your baby for jaundice.

2 simple ways to check for jaundice:

- Look at the white of your baby's eyes, observe for yellow discoloration.
- Press gently on your baby's chest with your forefinger and observe the skin for yellow discoloration.

What to do if your baby has jaundice*

Consult your Paediatrician at the Specialist Clinic or a Medical Officer at our Emergency Department. The doctor on duty will attend to your baby. Blood test will be done to confirm the jaundice level. The doctor will decide whether your baby needs treatment according to the blood test result.

STORAGE OF BREAST MILK	
Location / Temperature	Duration of Storage
Room: 25 - 37°C	4 hours
Room: 15 - 25°C	8 hours
Refrigerator: 2 - 4°C	2 - 8 days
Freezer (1 door fridge)	2 weeks
Freezer (2 doors fridge)	3 months
Deep Freezer (20°C)	3 - 6 months
Thawed In A Refrigerator	12 - 24 hours

*Milk cannot be safe once it has been warmed, so warm only the amount of milk that will be used at one feeding!

CHARACTERISTICS OF A NORMAL BABY'S FAECES

- Consistency is variable from watery to soft or firm stools
- Color gradually changes from greenish at birth to yellow.

Baby's Poop Chart



The baby's first poop is black and sticky.



The poop turns green by Day 3 or 4.



The poop should turn yellow by Day 4 or 5.



Poop can look seedy.



Poop can look watery.



Illness, injury or allergies can cause blood in poop. Call Doctor.

PREVENTION OF INFECTION

- Newborn babies are prone to infections because their immune system is not mature. The following steps would help prevent infection in your baby:
- Washing your hands with soap & water before handling your baby.
- Bathing your baby everyday.
- Diapers must be changed each time baby passes urine or mass motion to prevent nappy rash.
- For baby girl clean the genital area from front to back.
- For baby boy - clean the penis and genital area thoroughly. Avoid pulling back the foreskin.