

HEALTH EDUCATION  
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

#### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

#### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:  
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

**For More Info: ASK A LIBRARIAN**



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HEALTH EDUCATION LIBRARY FOR PEOPLE

**Nose**



**Nose Congestion**

**LET'S HELP  
ERADICATE  
IGNORANCE**

## Nose Congestion



Nasal congestion (also called Nose - congested; Congested nose; Stuffy nose) refers to a stuffy nose. Many people think that a nose gets congested (stuffy) from too much thick mucus. However, in most cases, the nose becomes congested when the tissues lining it become swollen. The swelling is due to inflamed blood vessels.

Newborn infants must breathe through the nose. Nasal congestion in an infant's first few months of life can interfere with nursing, and in rare cases can cause serious breathing problems. Nasal congestion in older children and adolescents is usually just an annoyance, but it can cause other difficulties. Nasal congestion can interfere with the ears, hearing, and speech development. Significant congestion may interfere with sleep. When nasal stuffiness is just on one side, the child may have inserted something into the nose.

### Causes

A stuffy nose is usually caused by a virus or bacteria. Causes include: Common cold, Flu, Sinus infection, hay fever or other allergies, Use of some nasal sprays or drops for more than 3 days (may make nasal stuffiness worse), Nasal polyps, Pregnancy, Vasomotor rhinitis.

### Home Care

**Infants & Younger Children:** For babies or infants who are too young to blow their nose:

- Buy saltwater (saline) nose drops or make your own by stirring 1/4 teaspoon of salt into 1/2 cup lukewarm water (make this fresh every day).
- Lay your child on his or her back, placing a rolled towel underneath the shoulders. Put 2 or 3 saline nose drops into each nostril. Wait 30 - 60 seconds.
- Turn the child on the stomach to help the mucus drain. Try to catch the discharge outside the nostril on a tissue or swab. Roll the tissue or swab around, and pull the discharge out of the nose. Do not insert a cotton swab into the child's nostrils.
- You can use an infant nasal bulb (aspirator) to help remove the mucus. Squeeze the air out of the bulb and then gently place the tip into the nostril. Let the air come back into the bulb, pulling the mucus out of the nose with it. Squeeze the mucus onto a tissue.

You can also: Raise the head of your child's bed. Put a pillow underneath the head of the mattress. Or, place books or boards under the legs at the head of the bed. Encourage your child to drink plenty of fluids. Breast-feed or formula-feed young infants often. Older children may

drink extra fluids, but those fluids should be sugar-free.

### Older Children & Adults:

- Over-the-counter medicines may help relieve a stuffy nose and can make breathing more comfortable.
- Decongestants shrink the blood vessels in the lining of the nose. These medicines only relieve stuffiness, not a runny nose or other symptoms. Decongestant nasal sprays and drops should not be used for more than 3 days, because after that time they can make the congestion worse.
- Antihistamines may reduce the amount of mucus. Be careful, because some antihistamines make people drowsy.
- Drink extra fluids. Hot tea, broth, or chicken soup may be especially helpful.

### When to Contact a Medical Professional:

A stuffy nose along with swelling of the forehead, eyes, side of the nose, or cheek, A stuffy nose along with blurred vision, Increased throat pain, or white or yellow spots on the tonsils or other parts of the throat, A cough that produces yellow-green or gray mucus.

