

Neonatal rhinitis

ALERT: Call 9-1-1 or go the emergency room if your baby:

- Stops breathing for more than 10 seconds.
- Turns grayish (dusky) or has a bluish color around the lips.

What is neonatal rhinitis?

Neonatal rhinitis is swelling of the tissue in the nose. It is most often seen in newborns. It happens when hormones from the mother are passed to the baby at birth.

What are the symptoms?

Your baby may have noisy breathing, may snort or have nasal congestion. If the congestion is severe it may be hard for your baby to feed.

How is it diagnosed?

Your baby's symptoms will be reviewed. A procedure called a flexible laryngoscopy may be done. This lets the doctor look inside of the nose.

How is it treated?

- The doctor may prescribe Oxymetazalone (Afrin®) or Decadron® drops. These drops will help the congestion and swelling inside the nose.
- Follow the directions from your baby's doctor.
- You may also use saline drops in the nose, but do not use right after the Afrin or Decadron. Gentle suction with a bulb can be done if needed.
- If your baby is not getting better in 10 days, call the doctor.
- A follow-up visit is needed 6 to 8 weeks after treatment.



ALERT: Call your baby's doctor, nurse, or clinic if you have any questions or concerns or if your baby has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.