

# Nasal hygiene in children



A guide for parents

**nosiboo**<sup>®</sup>  
designed to care



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**In association with:**  
Gábor Ráth M.D.  
ENT specialist

What is rhinitis?

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# RHINITIS

inflammation  
of the nasal  
mucosa

## SYMPTOMS

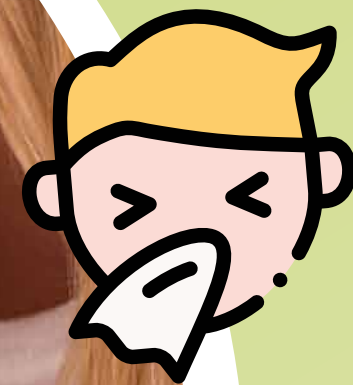
runny nose

blocked nose

sneezing

reduction of the sense of smell

excess mucus dripping down  
the back of the throat



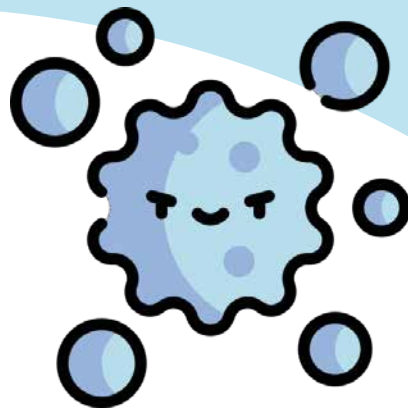
## DID YOU KNOW?

Rhinitis is always accompanied by inflammation of the paranasal sinus mucosa, even if your child doesn't feel the symptoms!

# Why does rhinitis occur?

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## Infections



### PROBLEM

Entering daycare or kindergarten means having a lot of fun with the peers, but also bringing home unwanted guests – **infectious diseases**. Infections followed by a rhinitis are a common problem among children below the age of 6 years. Babies, toddlers, and preschoolers can catch a cold even 7-8 times a year!

### REASON

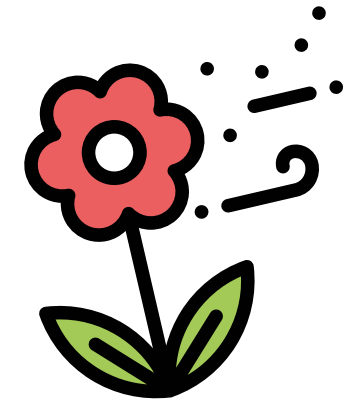
Viruses are everywhere. Children are more prone to infections while they are **building up their immune system**. 15% of children suffer **from recurring infections of the respiratory tract**. When the viruses that cause colds first infect the nose and sinuses, **the nose produces mucus to clear itself**. This helps to wash the virus out from the nose and sinuses.



# Why does rhinitis occur?



## Allergies



### PROBLEM

Who doesn't love spring? Look around: blooming flowers, green trees, and... pollen in the air. Ugh, the allergy season again. Unfortunately, the **symptoms can appear already in early childhood**. Other typical allergens include house dust mites, moulds, cat and dog hair.

### REASON

The body treats allergens as germs, which results in a **stuffy** or **runny nose**. Add sneezing and itchy eyes to it – you get the recipe for **every parent's nightmare**. Symptoms occur within **minutes** after allergen exposure and **may last even for hours**.

# What is going on in the nose?

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Rhinitis might seem like nothing serious.

Sure, it bothers the baby (and therefore you), but "sooner or later it will pass by itself" - that's the popular belief. Well, **it's not entirely true**. Let's find out why.



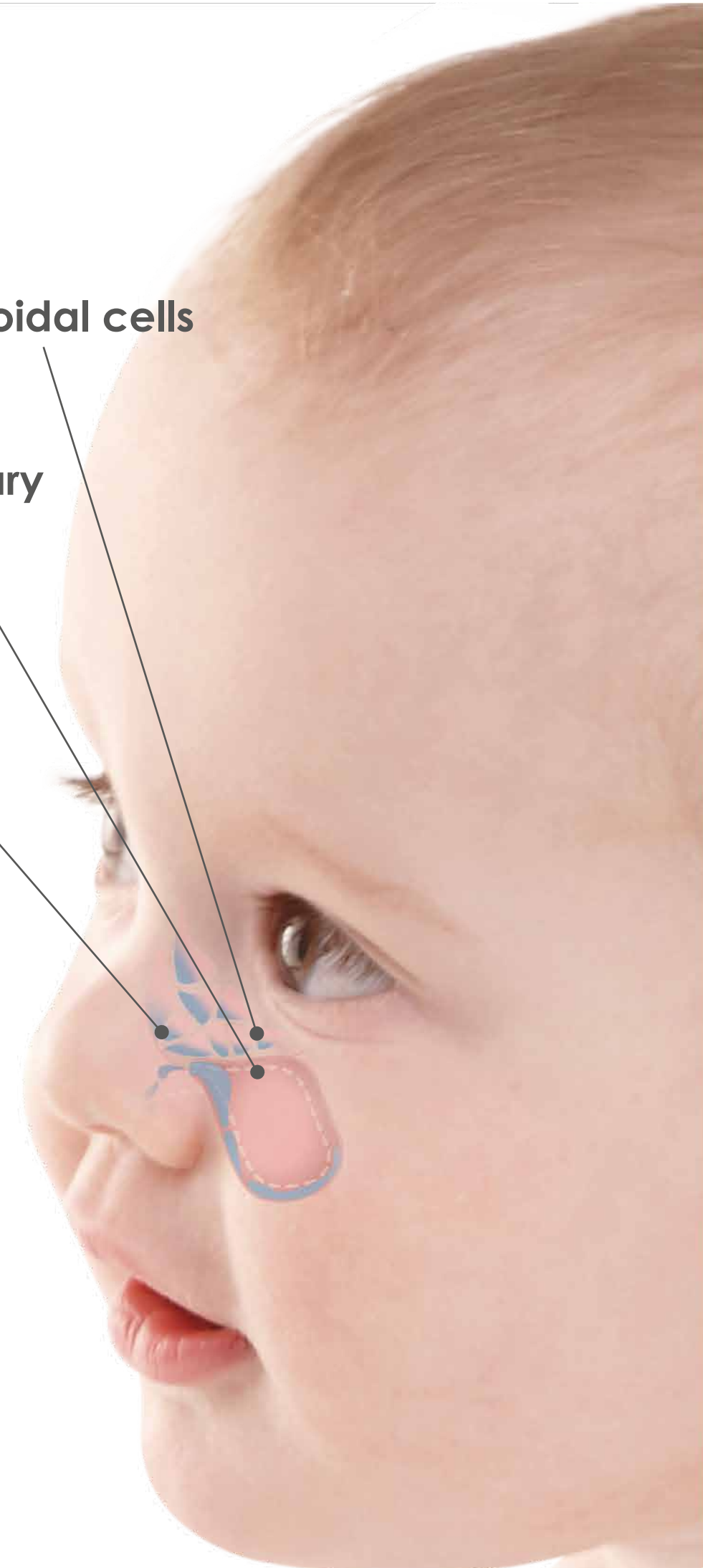
Increased production of mucus is the body's response to viruses and allergens.

**Mucus helps to flush out the nose and sinuses**, turning them into a real battlefield. But, left untreated, **stagnating mucus may cause significant problems.**

ethmoidal cells

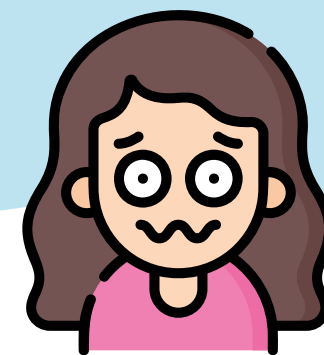
maxillary sinus

nasal cavity



# What is going on in the nose?

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Stagnating secretion can lead to **serious consequences** such as **bronchitis, sinus or middle ear infection**, as well as mild to severe **sleep disturbances**. Medications (including antibiotics) often **cannot be avoided** in this stage!

Note: there are a lot of risk factors that predispose children to develop an **adverse reaction to a medicine**. Avoid them or apply them very carefully if needed. Remember, **prevention is better than cure**.



# What is going on in the nose?



We have **good news for you!** By **removing the nasal mucus** you can not only improve your child's breathing, but you might also **prevent illnesses** and **lower the risk of developing more serious illnesses**. With correct nasal hygiene you can potentially **avoid serious complications** and **reduce medication**.





# Benefits of nasal aspiration

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Based on **35 years of experience** gained during my work as an ENT, I believe that aspirating the nasal mucus is **highly advantageous**, and it is important **to secure nasal breathing!** Aspiration significantly **accelerates the healing process.**

**Erzsébet Hárságyi M.D.**  
*ENT physician and audiologist*

“



# Benefits of nasal aspiration



## DID YOU KNOW?

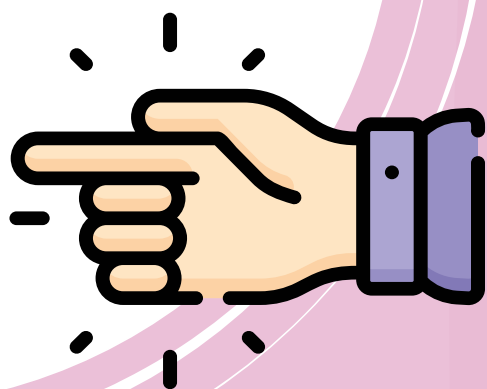
### FACT

Newborns can breathe almost exclusively through their nose till they are several months old. Try to take a breath through your nose when it's clogged! Not too comfortable, right?



### SOLUTION

By aspirating the nose, we **free the airways** and provide for the conditions of a **peaceful rest and feeding.**



### PROBLEM

When the nose is stuffy, the satisfactory oxygen supply is not secured, so the baby is restless. It's understandable, since they **cannot sleep soundly, suck their dummy, or suckle.**

# Benefits of nasal aspiration



## WITH THE HELP OF A NASAL ASPIRATOR, YOU MIGHT:



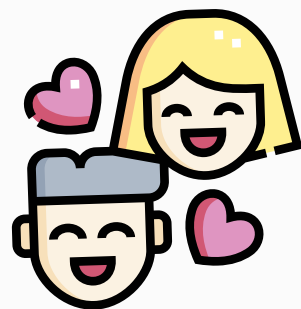
prevent illnesses  
of the upper airway,

reduce the usage  
of medications,



ensure a quiet night  
for the child and  
the parents.

Happy baby  
= happy family!



Choose only safe  
medical devices  
which are in line  
with the international  
recommendations!



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# QUIZ: Do you know all the myths about rhinitis?



## RHINITIS IS A SERIOUS PROBLEM



TRUE

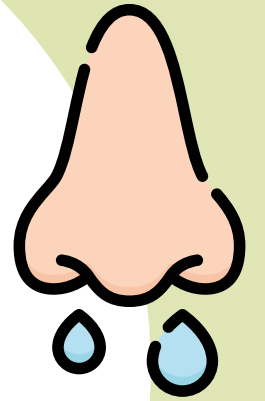
FALSE

**TRUE!** Babies breathe mainly through their nose, so sleeping or eating is a struggle when it's clogged. That's what we call a problem.

## RUNNY NOSE HAS TO BE TREATED

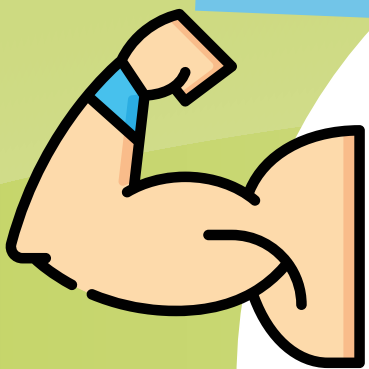
TRUE

FALSE



**TRUE!** Stagnant mucus can lead to complications and can be a symptom of more serious illnesses.

## YOU SHOULD ALWAYS USE THE STRONGEST SUCTION POWER

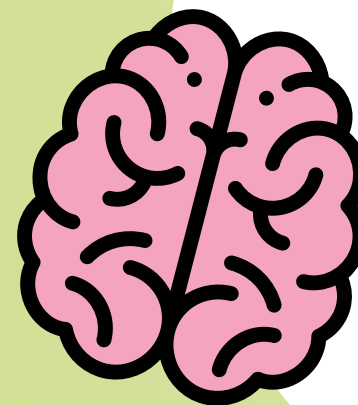


TRUE

FALSE

**FALSE!** Start with the lowest effective suction power and increase it based on the density of the secretion.

## A NASAL ASPIRATOR WILL SUCK YOUR BABY'S BRAIN OUT



TRUE

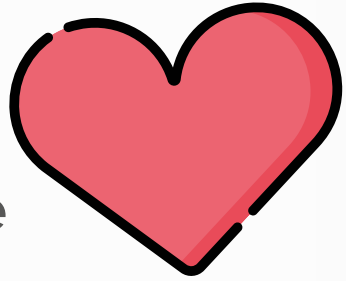



FALSE

**FALSE!** Don't worry, it's not possible! :)))

# What to do if your child catches a cold?

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## CHECKLIST

- lots of **love and care** 
- drinking water** to prevent fluid loss 
- nasal rinsing with saline solution** to thin the secretion in the blocked nose
- nasal aspiration** in case of runny nose to clear the nasal passages 
- cool-mist humidifier** to ease breathing
- vitamin-rich diet**
- a lot of **sleep and rest** 
- staying at home** to prevent spreading the sickness
- in case the child's condition is severe - **call the doctor!**



# How to clear your child's nose effectively?



## STEP 1

Dry, very thick mucus can be dissolved by a **mild saline solution**. After using it, wait a few minutes and **wipe excess discharge with a tissue**.



## STEP 2

Clear the child's nose with the help of a **nasal aspirator**. Removing thin mucus even from the lower cavities will be much **easier** now!

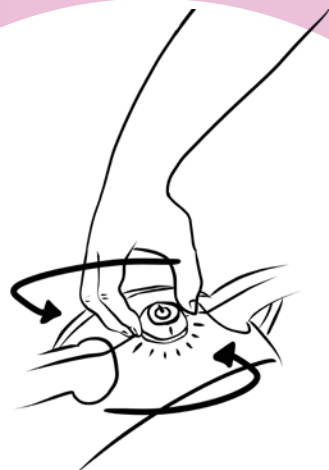


# How to use the nasal aspirator?



Featuring:  
Nosiboo Pro  
Electric Nasal  
Aspirator

1

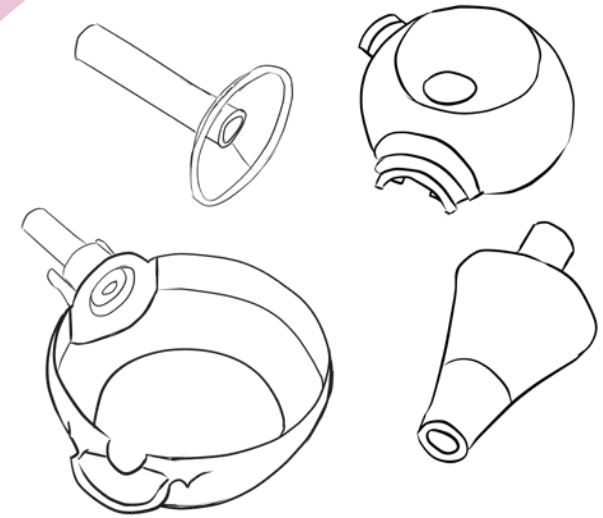


Turn on the device and select the **correct suction power**.

2

Hold your child in a **stable position**. Insert the **nose tip** into the child's nostril. Move the nose tip **around gently**.

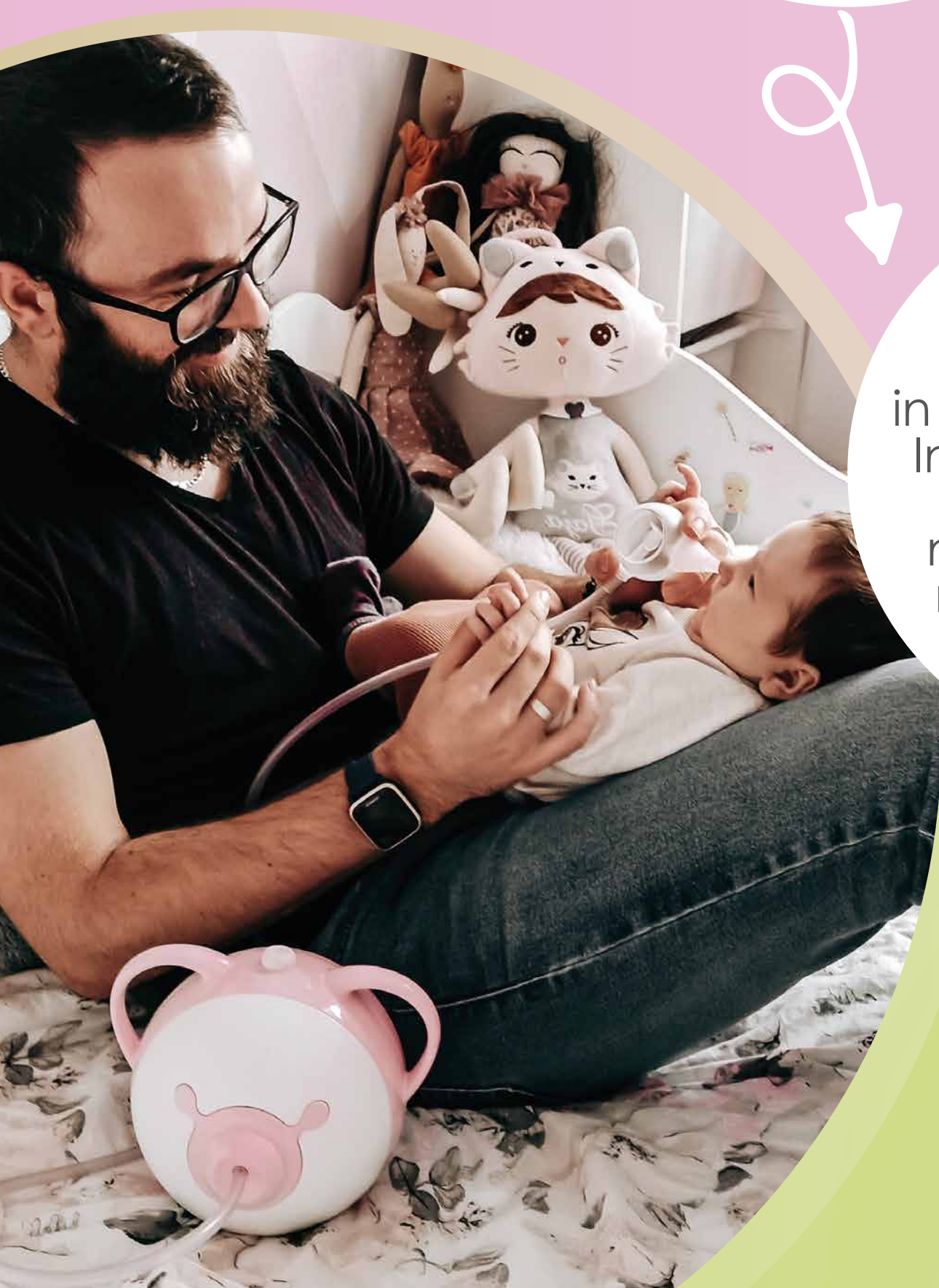
3



**Wash the parts** with liquid soap and lukewarm water.

4

Let the parts **dry completely** before the next use.







# \* How to use the nasal aspirator?

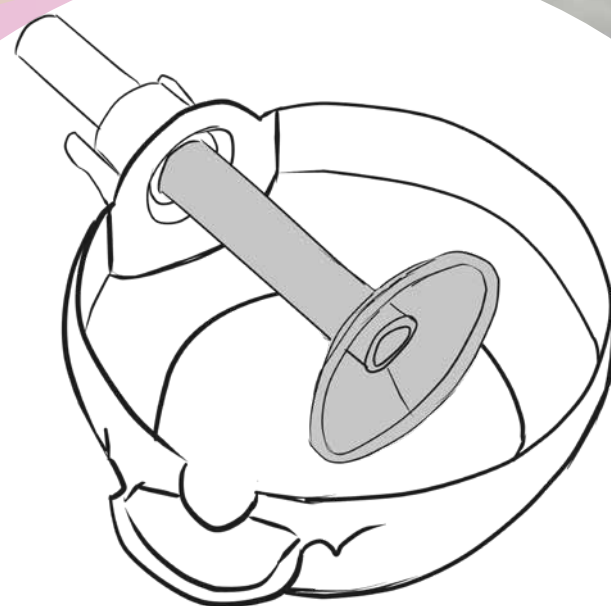
## HINTS & TIPS



If the mucus is **thin**, you can use the device at a **lower setting**. If it is **thick** you can use the device at a **higher setting**.



Move the nose tip **around gently** to make sure that you **get all areas of the nostril**.



Thanks to the **collared tube** inside the head, **no secretion** will get into the tube or the device. It's **super hygienic!**



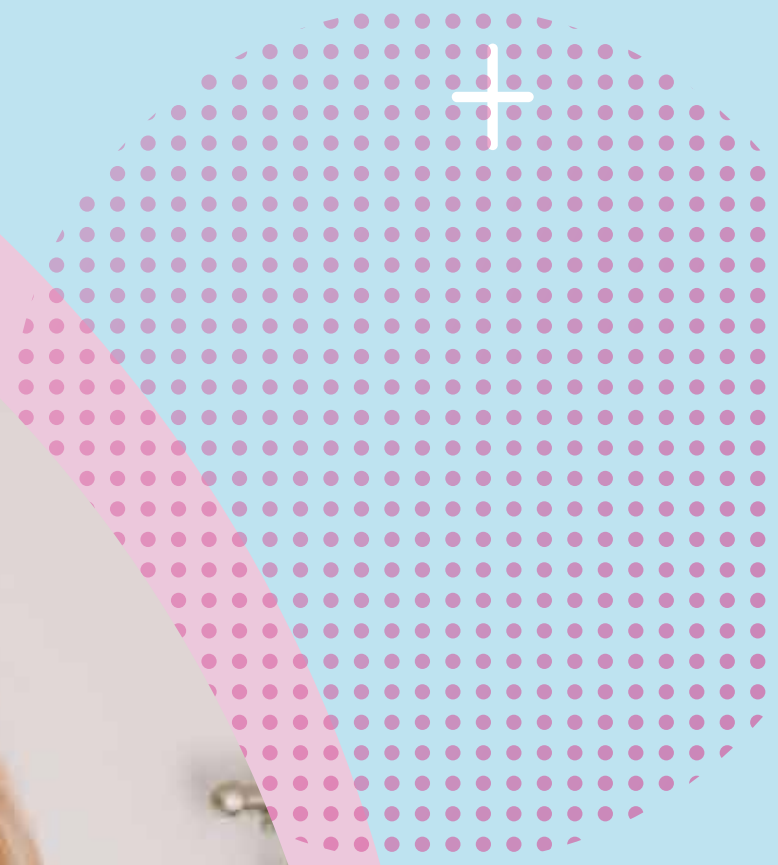
# \* When to call the doctor?

## CONSIDER CALLING THE DOCTOR WHEN YOUR CHILD:

- has a **high** or **long-lasting** (>2 days) **fever**,
- suffers from **severe coughing**,
- changed their **daily activity**: sleeps considerably **less or more** than usually,
- has **trouble breathing**,
- experiences **ear pain**,
- refuses to **eat**,
- **vomits** or has **diarrhea**,
- blows out **bloody** nasal discharge.

If your baby is **younger than 3 months** of age, call the doctor already at an **early stage of the illness**.





Now **you know**  
**what to do** when  
rhinitis attacks!

# Get to know the Nosiboo family!

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**nosiboo<sup>®</sup>go**  
portable nasal aspirator



**Comfortable  
on the go**

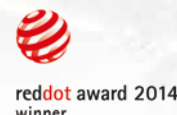


**nosiboo<sup>®</sup>eco**  
manual nasal aspirator



**nosiboo<sup>®</sup>pro2**

electric nasal aspirator



**Gentle help  
during the night**

**Always at hand in  
the children's room**

# Get to know the Nosiboo family!

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The idea of **Nosiboo** came from **two young engineer fathers** whose families had to deal with **sleepless nights** after their infants came on board.

This is how **Nosiboo** was created - a series of **revolutionary nasal aspirators**, **child friendly** and **comfortable for parents** at the same time.



# Get to know the Nosiboo family!

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easy to clean



safe medical devices



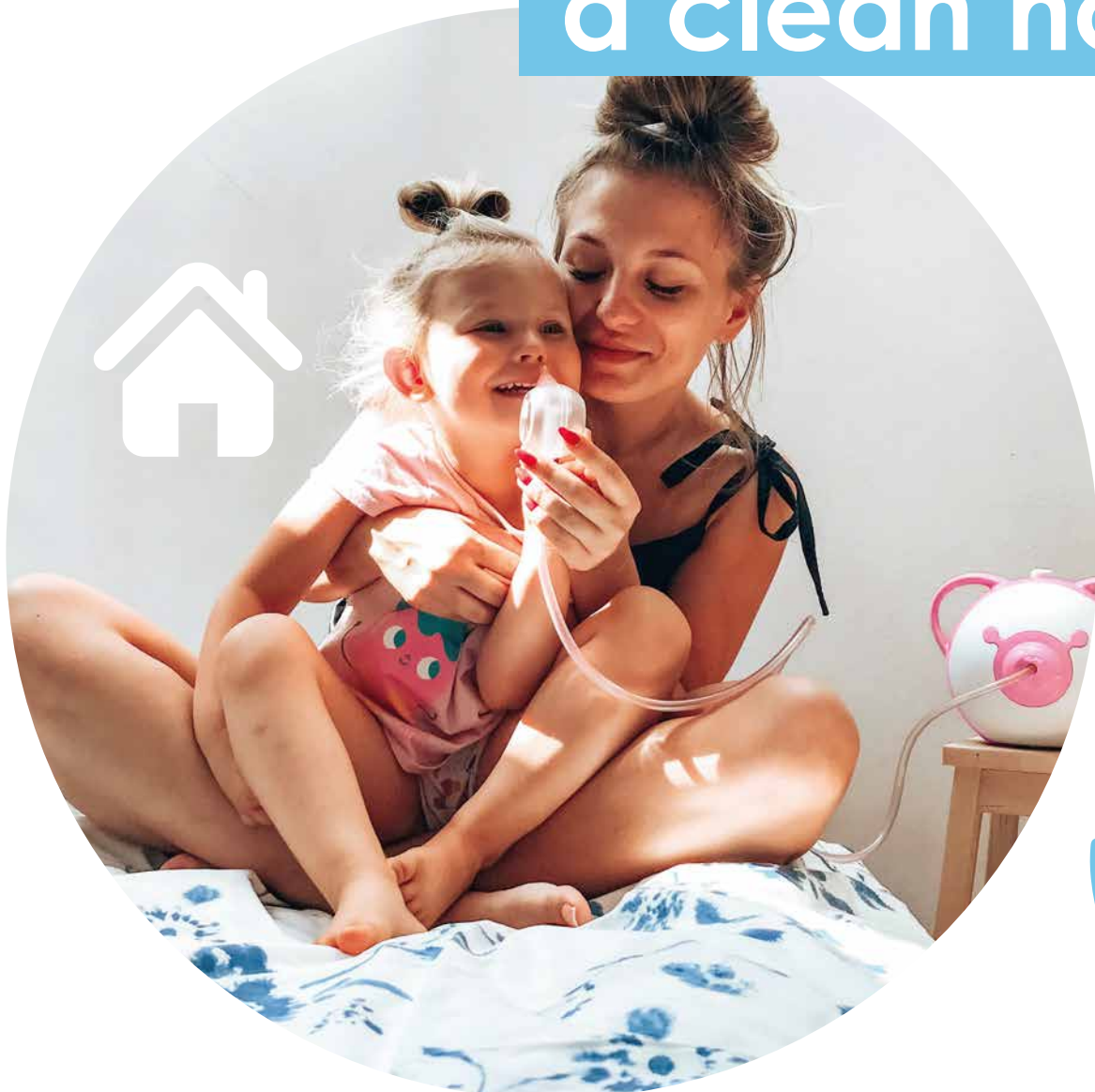
patented, child-friendly design



effective operation



For a happy day with a clean nose!



# Get to know the Nosiboo family!

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