



Sunrise Pediatrics

SunrisePediatricsLasVegas.com

Maryland Office: (702) 254-KIDS (5437)

Rainbow Office: (702) 361-KIDS (5437)

Smoke Ranch Office: (702) 820-KIDS (5437)



Sunrise Pediatrics Newborn Care

Fever - Keep a thermometer and if your baby feels warm, check the temperature. Please see thermometer packaging for instructions on use and normal temperature ranges. Seek medical attention if your baby develops a fever greater than 100.4 degrees Fahrenheit (38 degrees Celsius).

Nasal Congestion - Keep a bulb syringe and normal saline drops (e.g., Little Noses saline drops). For nasal congestion, place 2 drops in each nare and use the bulb syringe to remove the drainage. Do this 30 minutes before each feeding.

Umbilical Cord Care - Your baby's umbilical cord stump will change from yellowish green to brown to black as it dries out and eventually falls off on its own — usually within two weeks after birth. Clean the stump with alcohol during each diaper change. Keep the area dry by keeping the front of your baby's diaper folded to avoid covering the stump. Sponge bathe your baby for now but once the stump falls off, you can bathe your baby in a baby tub or sink.

Baths - There's no need to give your newborn a bath every day. In fact, bathing your baby more than several times a week may dry out his or her skin. If you're quick with clean diapers and fresh burp cloths, you're already cleaning the parts that really need attention — the face, neck and diaper area.

Feeding - There are no restrictions on how much your baby can eat and you can feed on demand. During feeding, burp your baby frequently. For an hour after feeds, keep the head of the bed elevated at 30 degrees.

Sleep - To prevent Sudden Infant Death Syndrome (SIDS), please have your baby sleep on his back. Your newborn can be expected to sleep from 16 to 20 hours.

Breastfeeding - As long as you are breastfeeding, you need to eat a healthy, balanced diet and continue to take your prenatal vitamins. You will need an additional 500 calories each day.

Diaper Care - While you are breastfeeding, you can expect yellow pasty stools about 6 to 8 times a day. If your baby develops a diaper rash, you can use butt paste or Desitin cream applied at each diaper change. If the rash does not improve or gets worse, please consult your pediatrician.

Circumcision - This procedure is optional and is usually performed within 30 days of birth. If you have any questions, please consult your pediatrician.

Colic - All babies cry. But some babies cry more than others do. And a few babies — although they're healthy, well-fed and well cared for — seem to cry inconsolably. Please consult with your pediatrician for more information.

Other Questions or Concerns

Most importantly, if you have any questions or concerns please seek medical attention.

Maryland Parkway Office: 3061 S. Maryland Parkway #101, Las Vegas, NV 89109

South Rainbow Office: 7875 S. Rainbow Blvd. #102 Las Vegas, NV 89139

Smoke Ranch Office: 7200 Smoke Ranch Rd. Ste 150, Las Vegas, NV 89128