



DISCHARGE INSTRUCTIONS FOR INFANTCARE

Aster
HOSPITAL

We'll Treat You Well



Digital Version



FEEDING

- Always wash your hands before breast feeding and before preparing the formula feed
- Every two to three hourly feeding is advisable.
- Feed your baby about 8-10 times a day or when ever baby demands. Burp baby well after each feed
- Sterilize bottles and supplies before and after feeding.
- Discard left over formula after 1 hour of preparation.

BREAST MILK STORAGE



- Freshly pumped breast milk is always the best for the baby. STORAGE
- 4 hours in room temperature
- 3 days in the refrigerator with strict temperature control
- 3 months in freezer with separate door
- 6 to 12 months in deep freezer
- Once refrigerated thaw the milk to room temperature and use it immediately. Do not refreeze

SLEEPING, BATHING AND CLOTHING

- Always keep the baby clean and dry.
- Always put your baby to sleep on back with face up.
- Baby should sleep on a flat firm surface.
- Avoid pillows, soft toys or soft clothing in the vicinity.
- Continue Kangaroo care at home
- Bathe with luke warm water. Avoid prolonged exposure due to risk of cold



stress. Keep the cord dry and clean after bath.

- Make sure your baby's clothes are clean.
- Keep baby warm however avoid excess heat. A room temperature of 24 to 26 is desirable.
- Do not over-wrapor tightly swaddle your baby

MEDICATION

- Continue medication advised in discharge summary till next follow up

BASIC SAFETY

- Baby must never be unattended
- Make your home no smoking zone
- Limit contact with visitors and avoid over crowding.
- Make sure you are trained well in CPR

WHEN TO SEEK MEDICAL ATTENTION TO YOUR BABY

- Poor feeding, bluish /yellowish discoloration or lessactive
- Continuous vomiting.
- Dark yellow or greenish vomiting
- Fever.

- Any abnormal movements.
- Choking or any life -threatening events.
- Blood in stool or pale chalky stools
- Fast or heavy breathing and holding the breath.
- Excessive and irritable cry.
- Anything else perceived as abnormal by parents

FOLLOW-UP WITH A PEDIATRICIAN

- On the scheduled date.
- If baby has any above mentioned symptoms, please see a doctor at the earliest
- Bring Baby book when you visit the paediatrician so your baby's weight, head circumference and length may be updated.
- Please keep immunization card safe.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 📺 📷 📺 asterhospital

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs