



ATHENS PEDIATRICS, PLLC

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Congratulations on your new baby! At Athens Pediatrics we recognize this as an incredible time in your life. We are excited to partner with you to keep this child healthy. The following information will help provide some basics for caring for your newborn.

1. To ensure that your newborn is thriving we would like to see you within **24-72 hours** after hospital discharge. Please call our office at **(423) 745-5955** to schedule this very important appointment! At this appointment, we will review all hospital records, ensure that your baby is growing well, and evaluate for common newborn conditions such as jaundice.
2. **Prevention of infection:** Your baby's immune system is not fully functioning yet. Please help keep him/her from becoming ill by **washing your hands** before handling your baby. Also since our saliva is full of germs, we recommend that **no one** kiss your baby on the lips or on the hands. If your baby feels warm, check a rectal temperature. **If the temperature is greater than 100.4, that is a fever and the baby must be seen emergently!** If your baby is not waking well for feeds, seems more sleepy than normal, or becomes irritable and cannot be soothed, please call us immediately.
3. **Sudden Infant Death (SIDS) reduction:** Place your baby on his **back to sleep**. He should sleep in his own sleep environment without pillows, blankets, or stuffed animals. **Co-sleeping increases the risk of SIDS. Smoke exposure also increases the risk of SIDS. DO NOT SMOKE AROUND YOUR BABY.**
4. **Cord Care:** Routine use of alcohol on the umbilical stump is no longer recommended. As long as the cord is kept dry, it usually falls off within two weeks. Please sponge bathe your newborn until the cord has fallen off. If you see yellow discharge or redness around the area, please call the office.
5. **Bathing:** Newborns may be wiped off with warm water and infant soap as needed. Once the cord has detached, you may give your baby a bath. Try to keep the room warm so that your infant doesn't get too cold. Never leave your baby alone in the bathtub.
6. **Skin care:** It is common for infants to have dry peeling skin. This does not require any treatment. If you wish to moisturize the baby's skin, Vaseline is an excellent product to use. You may also use hypoallergenic lotions or creams.
7. **CIRCUMCISION:** Apply small amounts of Vaseline with each diaper change so that the freshly cut areas do not stick to the diaper.
8. If you have any questions, please call our office at **(423) 745-5955**. We have a highly trained nurse ready to assist you or to take a message for the appropriate provider. Additionally, the American Academy of Pediatrics has created an amazing website for parents WWW.HEALTHYCHILDREN.ORG which is an excellent resource for you and your baby. We look forward to seeing you very soon!