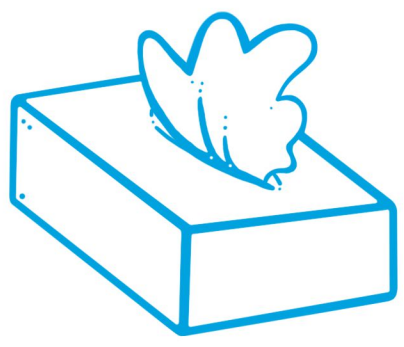
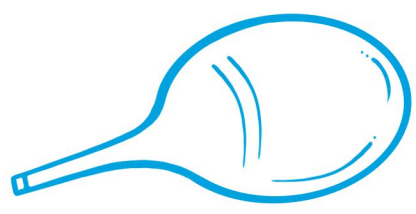
COMO

Assoar o nariz do bebé

Você vai precisar de



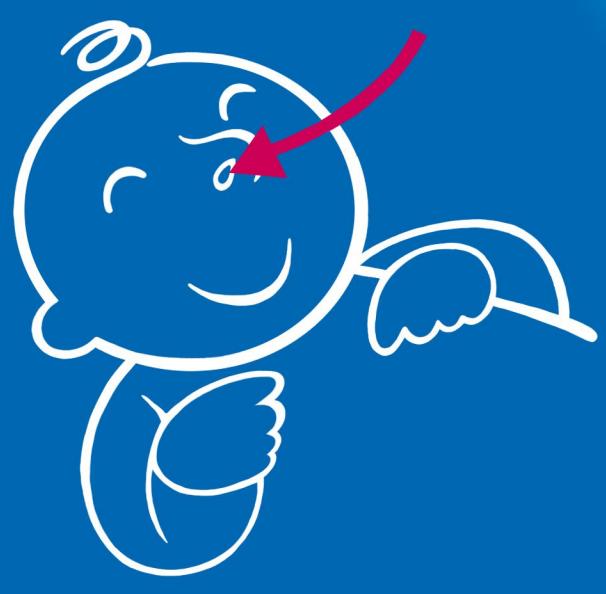
Lenços Colhogar

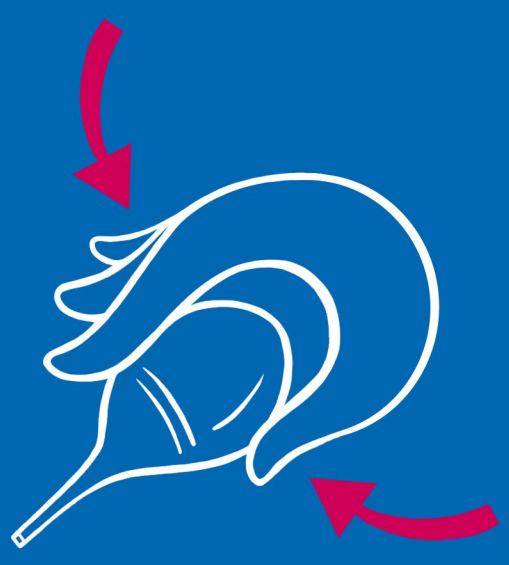


Aspirador nasal

Soro fisiológico

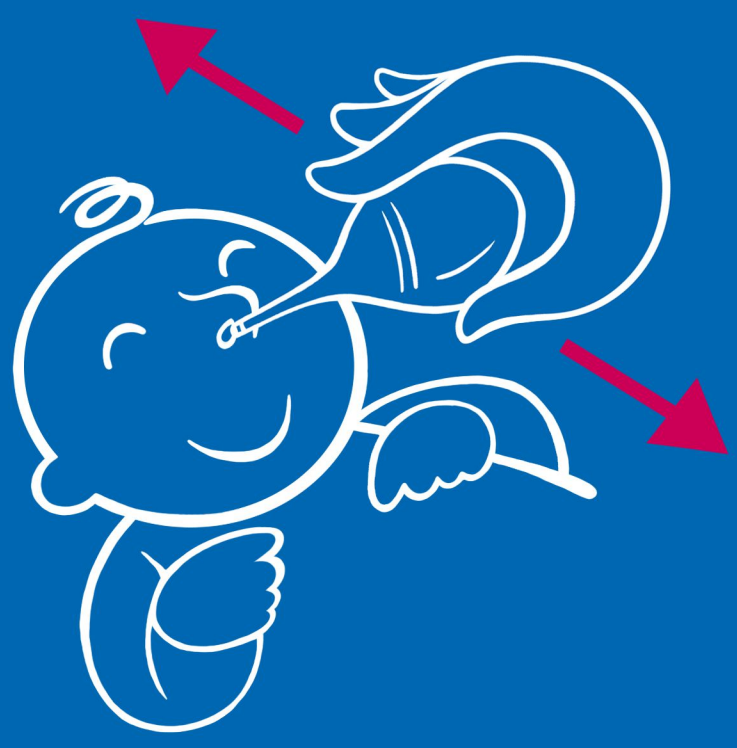
1. Coloque uma gota de soro na narina





2. Aperte o aspirador nasal

3. Coloque-o cuidadosamente dentro da narina e solte



4. Limpe o nariz do bebé com um lenço Colhogar

Se o seu bebé continuar com o nariz entupido, consulte um médico

Descubra mais em colhogar.com/pt

Care well, live well

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