

嬰兒護理

臍帶護理

嬰兒的臍帶通常會在出生後約七至十四天自行脫落。在臍帶未脫落前，用棉花球沾經煮沸的溫水清潔臍帶及臍帶扣，特別是大便後；應保持清潔乾爽。

嬰兒沐浴及衛生

出生後第一個星期，不用每天替嬰兒洗澡，以避免皮膚乾燥及保持體溫。請先清潔雙手，然後用經煮沸的溫水替嬰兒洗眼睛，耳朵和鼻孔。亦要保持嬰兒皮膚及皺摺部位的清潔及乾爽；並須勤換尿片。

嬰兒的飲食

母乳餵哺

母乳是最適合嬰兒及最有益的天然食物，它能給予嬰兒天然抗體，增強抵抗力。母乳容易消化及可減低過敏，這是奶粉沒法給予的。所以每位母親都應哺餵母乳。如有疑問可致電瑪麗醫院母乳哺餵（請參閱有關的單張）

熱線查詢: 7306 9687

服務時間: 每日上午八時至下午八時

瓶餵

如母親因特別原因無法哺餵母乳，亦可選擇奶粉餵哺初生嬰兒。請注意以下各項步驟：

- ◆ 全部奶具均須清潔及消毒。首先用少許稀釋的洗潔精洗掉奶瓶及蓋的奶漬，然後用清水徹底洗淨
- ◆ 用食鹽洗去奶咀上的黏質，再用清水洗淨

- ◆ 用食鹽洗去奶咀上的黏質，再用清水洗淨
- ◆ 將奶瓶，奶咀及蓋放入鍋中，水滾後再煮十分鐘；用鉗拑起放入清潔的器皿內，蓋好待用
- ◆ 請依照奶粉罐上的指示開奶。先注入適量的熱開水，然後才加所需之奶粉
- ◆ 如有哺餵疑問，可以致電瑪麗醫院產科服務中心查詢

電話	2255-5524	
辦公時間	星期一至五	上午十時至下午六時

- ◆ 亦可致電以下熱線查詢
 - 瑪麗醫院育嬰熱線: 7306 9687 (上午八時至下午八時)
 - 衛生署母乳育嬰熱線: 3618 7450
 - 愛嬰醫院協會熱線: 2838 7727
 - 任何就近母嬰健康院

嬰兒黃疸病

- ◆ 初生嬰兒黃疸是非常普遍，大部份初生嬰兒的黃疸均屬於生理性；這是由於新生嬰兒的肝臟功能未完全成熟，未能及時將過量的膽紅素分解。生理性黃疸一般會在出生後三至五天呈現，然後逐漸消退
- ◆ 嚴重的黃疸病會導致弱智，癲癇，失聰，甚至死亡
- ◆ 如果嬰兒患有先天性的六磷酸葡萄糖去氫醇素（G6PD）缺乏症，不應給嬰兒服食未經醫生處方的中西藥物。此外，應避免嬰兒衣服接觸樟腦、臭丸。母乳喂哺的母親不可進食蠶豆，

否則會引致嚴重的黃疸病

- ◆ 如有懷疑，請於辦公時間內致電產科服務中心約時（電話: 2255 5524）或往就近的母嬰健康院檢查，如遇公眾假期，請往就近的急症室求診

防疫注射

防疫注射可防止嬰兒感染嚴重疾病。

- ◆ 嬰兒在出院前已接受乙型肝炎疫苗及卡介苗等防疫注射。如對卡介苗注射反應有任何疑慮，請向附近政府胸肺科診所查詢
- ◆ 出院後，家長應按注射咭上所列時間攜帶嬰兒及注射咭到健康院接受防疫注射
- ◆ 請妥善保存防疫注射咭，以便日後繼續接受防疫注射；防疫注射咭亦是入學時必須提供的文件

健康院服務

出院後，家長應儘早帶嬰兒前往健康院接受服務。第一次登記時，請帶備注射咭、出院記錄及父母身份證。

領取出世紙

產婦或其丈夫請於嬰兒出生後十四天至四十二天內，往出生註冊處辦理嬰兒出生註冊手續（不需攜帶嬰兒）。詳情請參閱政府印製有關辦理出生登記之單張。


如有任何查詢，請聯絡醫護人員

以上資料由瑪麗醫院婦產科及贊育醫院提供



瑪麗醫院
Queen Mary Hospital

嬰兒護理 BABY CARE

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Obstetrics & Gynaecology-17(OBS.9)
Last review/revision	Mar/2019
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

BABY CARE

Umbilical Cord care

Keep the umbilical cord dry and clean with cool boiled water whenever it is soiled. Umbilical cord usually comes off between 7 to 14 days after birth.

Baby's Hygiene

No need to bathe the baby daily for the first week after birth to prevent skin dryness and maintain body temperature. Pay special attention to skin folds area and make sure it is properly cleansed and dried after bathing. Baby's face, eyes, ears and nose are cleansed with cotton ball in warm boiled water.

Infant feeding

Breast feeding

Breast milk is the most natural and best food available for the newborns. Breast milk contains antibodies that can build up body resistance, reduce allergy and is easier to digest than formula milk. Therefore, breast-feeding should be the method of choice for all infant feedings.

Bottle feeding

◆ If for some reasons the mother cannot breast-feed her baby, she can choose any infant formula that is available in the market. Be sure to follow the instruction carefully. Always put in the required

amount of hot water before adding the milk powder

- ◆ Sterilized all feeding utensils by:
 - Washing the bottles with a little detergent first to remove milk stains before thorough cleansing with water
 - Teats should be washed with small amount of salt to remove stains before cleansing
 - Immerse bottles and teats in boiling water for at least 10 minutes

For enquiries on infant feedings, please contact our service hotline for help and advice

- ◆ Queen Mary Hospital Obstetric Enquiry

Hotline	2255-5524
Monday to Friday	10 a.m. to 6 p.m.

- ◆ Queen Mary Hospital Breast-feeding hotline: 7306-9687 (8am to 8pm)
- ◆ Department of Health Breast-feeding hotline: 3618-7450
- ◆ The Baby Friendly Hospital Initiative Hong Kong Association Hotline: 2838-7727
- ◆ Any nearby Maternal and Child Health Center (MCHC)

Neonatal Jaundice

Neonatal jaundice is a common problem among newborns. Majority of the jaundice is physiological in nature and is due to the inability of the immature liver to metabolize bilirubin, the break down products of red blood cells. Neonatal Jaundice is a transient phenomenon and will subside spontaneously within the first week after birth. However, severe and untreated jaundice may cause mental retardation, hearing loss, convulsion and even hazardous to life. If your baby has G6PD deficiency, do not give Chinese herbs or any drugs to your baby without doctor's prescription. Keep the baby away from items such as mothball; camphor and fava beans as these will cause severe jaundice in these babies. For enquiry, please call the Queen Mary Hospital S5 Obstetric Services Center during service hours on 2255-5524 or approach the nearby MCHC. If necessary, bring you baby to the Accident and Emergency Department for urgent consultation.

Immunization

◆ Your baby should have BCG vaccine and hepatitis B vaccine before discharge. For enquiries on reactions to BCG immunization, please call your nearby chest clinic

- ◆ Immunization program for infant and children is printed at the back of the baby's immunization record card. Please bring your baby to your nearby MCHC for subsequent immunization and keep the card as the immunization record is required when your child goes to school

Service in Maternal and Child Health Center (MCHC)

After discharge from the hospital, you should bring along the immunization record, baby discharge summary and parents ID card to your nearby MCHC for registration as soon as possible.

Birth Certificate

Registration for baby's birth certificate can be made 2 to 6 weeks after delivery at the Births and Deaths General Register Office. It is not necessary to bring the baby along for registration. For details please refer to government pamphlet for more information.

Please approach our nursing staff for details

Information provided by Department of Obstetrics & Gynaecology, Queen Mary Hospital and Tsan Yuk Hospital.