

STEP 1

Instructions for Neonatal Oral Examination

1. Ensure Proper Lighting

- Ensure the room is well-lit. Use a handheld light source for better visibility.

STEP 2

2. Secure the Baby's Head

- Ask a family member to hold the baby's head steady in the cot, securing the baby's hands on their ears. Ensure the neck is in a neutral position (slightly extended).

STEP 5

5. Advance the Tongue Depressor

- Start at the side of the tongue and press down while advancing the depressor. Release more of the depressor gradually, keeping it pressed against the tongue. Do not extend more than half the depressor to maintain control.

STEP 4

4. Trigger the Rooting Reflex

- Gently touch the baby's lower lip to trigger the rooting reflex. When the baby opens its mouth, press the chin downward to open the jaw further.

STEP 3

3. Prepare the Tongue Depressor

- Hold the wooden tongue depressor in your right hand, with just a couple of inches of the tip showing, in a pincer-like grip. Keep the light source on your left.

STEP 6

6. Visualize the Palate

- Visualize the hard and soft palate, up to the uvula. Avoid causing the baby to gag, but if gagging occurs, make it useful for the examination. If unsuccessful, let the parents know and safety net them on feeding issues and tell them you will have it done in the next 24hrs.