

Ambler Pediatrics

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Hours: Monday 9 AM-8 PM
Tuesday: 9 AM-5 PM
Wednesday: 9 AM-8 PM
Thursday: 9 AM-5 PM
Friday: 9 AM- 5 PM
Saturday: 9 AM- 1 PM

I. Welcome!

Congratulations on your new baby! We are glad that you have chosen Ambler Pediatrics for your child's medical/healthcare home. Founded in 1982, Ambler Pediatrics is affiliated with the Children's Hospital of Philadelphia and Abington Memorial Hospital.

One of our health care providers will examine your newborn each day he/she is in the hospital. We will also be available to answer any questions. Most mothers and babies stay in the hospital for two days after a vaginal delivery or three to four days after a caesarean section delivery.

After discharge, please schedule an appointment within 48 hours. Should a problem come up with your baby, please call the office and speak with one of our health care providers.

II. Common Newborn Questions

Breast Feeding – Some parents will decide before delivery how they will feed their baby. The American Academy of Pediatrics recommends exclusive breast feeding for the first six months of life and recommends breastfeeding, if possible, for the first year of life or longer if desired by the baby. There are many known health advantages to feeding infants breast milk. A major one is decreased length and strength of many illnesses. The mother's breast milk can also decrease the chance of sudden infant death syndrome in the first year of life.

Breastfeeding also has several maternal health benefits, such as decreased postpartum bleeding, earlier return to pre-pregnancy weight, and a lower rate of breast and ovarian cancers.

A certified lactation consultant is on staff at Ambler Pediatrics who is available for all your breastfeeding needs. Consultations are available daily, especially for the beginning stages of breastfeeding. This personal one to one consult helps breast feeding go more smoothly. Please note that breastfeeding consultation services are not covered by all insurances.

Bottle Feeding – Infant formulas are available as a ready-to-feed liquids, concentrates, and powders. Please follow the directions listed on the package to ensure proper preparation. Always wash your hands before preparing formula and use a clean surface.

If you prepare formula, be sure to refrigerate it to prevent bacteria. Never warm the bottle in a microwave. This may create hot spots in the liquid that can hurt the baby. It is best to allow it to come to room temperature or warm it in a pan of hot water.

Circumcision – Circumcision removes the foreskin, which is the skin covering the end of the penis. If you choose to have your baby circumcised, it can be done by your OB while still in the hospital. Circumcision is usually performed in the nursery and only takes a few minutes.

Circumcision is a personal decision. However, according to the American Academy of Pediatrics, there are some medical benefits to circumcision: a decreased risk of urinary tract infections, a decreased risk of penile cancer later in life, and a decrease risk of contracting sexually transmitted diseases (STDs) or HIV/AIDS. There are few known medical risks, as all surgical procedures carry a risk of infection and bleeding.

Care of the circumcision site: apply petroleum jelly or A&D ointment with a gauze pad to the circumcision site for a few days with each diaper change until the area stops looking raw. There may be a yellow covering to site. This is the normal healing process. Call us if the circumcision site starts looking more swollen, red, and tender or produces a large amount of drainage.

Immunizations- Recommended routine immunizations now begin in the nursery. Many babies receive their first Hepatitis B vaccine immediately after birth. Vaccines are safe and protective for your child. There are no preservatives in childhood vaccines. Experts including the American Academy of Pediatrics, Center for Disease Control and Advisory Committee in Immunization Practices through evidence based research has proven the safety and benefit of vaccines. Children who are not immunized are at a greater risk of contracting these preventable diseases. As a parent, it is very important for you to be informed about vaccines. Please feel free to discuss your concerns with us at any time.

Jaundice – Some newborns turn slightly yellow within a few days of birth; this is called jaundice. Babies who are very jaundiced may need special blood tests or treatment with phototherapy (light therapy). If your baby is jaundiced, it is very important to feed him at more frequent intervals to keep him as hydrated as possible. Jaundice usually disappears by around two weeks of life.

Newborn Screen – The newborn screen is a blood test performed on all newborns before they leave the hospital. It screens for a variety of genetic and metabolic disorders. The blood is obtained at least 24 hours after the baby has started breast or formula feeding.

The results of the newborn screen are sent to our office within a few weeks. We are contacted earlier if there is any abnormal value on the screen, and will call you for a retest.

Umbilical Cord Care – The cord is fairly easy to care for when you leave the hospital. Gently clean the cord site with alcohol a few times a day. Until the stump falls off, fold the top of the diaper so that it does not rub. Never tug on the cord to help it fall off. The umbilical cord normally falls off at two or three weeks after birth. There may be a small amount of bleeding when the cord separates, but it should stop quickly.

Call us if there is bleeding from the end of the cord or from the skin surrounding it, or if there is redness, swelling, drainage, or tenderness to the umbilical cord site.

Weight Loss – A newborn normally loses weight after birth. This is normal. We will monitor your baby's weight in the hospital and at Ambler Pediatrics within a few days after leaving the hospital. Your baby should start to gain weight and pass his birth weight by two weeks of age.

III. Some Reasons to Call in First Two Months

- Your baby's skin or eyes are turning yellow.
- Your newborn is irritable, or sleeping more or less than normal.
- Your baby is not feeding well and has fewer wet diapers.
- Your baby has a rectal temperature greater than 100.4.
- Any unusual activity that concerns you.

IV. Newborn Tips

- Buy a rectal thermometer, which is the most accurate. If your baby is not acting normally, sucking well, or feels warm, takes a rectal temperature. You should call Ambler Pediatrics or contact the on-call provider for a rectal temperature over 100.4 in an infant younger than a few months old.
- Do not give Tylenol (Acetaminophen), Ibuprofen, or cough/cold medications to your baby.
- If your infant seems to have a stuffy nose, and you cannot remove the mucus with a suction bulb, try nasal saline drops. Drop a few drops in each nostril, wait a few minutes, and attempt to suction again. Always use a gentle technique for suctioning and try not to do it too frequently.
- All babies should be put to sleep on their back; this helps prevents SIDS (sudden infant death syndrome).
- Your baby should be in a rear facing infant or convertible car seat that is placed in the backseat until age two.
- Set your water heater less than 120 degrees. Most burns at home are from water that is too hot.
- Your family and relatives may want to visit you and your baby as long as they are not ill. They must wash their hands before touching or holding the infant. Avoid crowds such as at the malls, churches, and sporting events.

- The American Academy of Pediatrics has found that smoking in the home is associated with higher rates of colds, ear infections, asthma and sudden infant death syndrome. If you smoke, try to quit. If you continue smoking, smoke only outside the house, and change your clothes when you re-enter the house. Do not smoke in the car or other closed in areas with your baby present.

V. Normal Things That May Worry You

- Hiccups are frequent and normal. They are spasms of the diaphragm muscle. They do not upset the infant or cause him/her any harm. Ignore them!
- Sneezing is quite common. This is not a sign of a cold or allergies. Sneezing is a way babies clear their nose.
- Nasal congestion is frequent during the first week of life and can continue for up to 2 months. However, if there is a runny nose or coughing we should see your baby. Treatment is not necessary as long as your baby is not fussy and is eating and sleeping well.
- Babies spit up often. Occasionally, they may vomit (about once a week). Do not be alarmed unless the vomiting increases or becomes projectile, the baby is refusing to eat or becomes irritable. If these symptoms develop, bring your baby to the office for evaluation.
- Babies may occasionally look cross-eyed. In the newborn time this is normal as the eye muscles are strengthening.

VI. Office Visits – We normally see your baby for his first well child visit by two weeks of age. If he is still losing weight on discharge from the hospital, or we have any concerns, we will recommend early follow up.

Well Child Visit Schedule

1-5 days	Newborn
2 Wks or 1 Month	Physical Exam
2 Months	Physical Exam, Vaccines
4 Months	Physical Exam, Vaccines
6 Months	Physical Exam, Vaccines
9 Months	Physical Exam
12 Months	Physical Exam, Vaccines
15 Months	Physical Exam, Vaccines
18 Months	Physical Exam, Vaccines
2 Years	Physical Exam, Vaccines
2 ½ Years	Physical Exam
3 Years	Physical Exam
4 Years	Physical Exam
5 Years to 21 years	Physical Exam yearly which may include vaccines, hearing, vision & urinalysis depending on the AAP's screening recommendations

At all of these visits we will discuss growth and development, perform a physical exam, and answer any questions you might have. At most of these visits your child will also receive vaccines against a variety of illnesses. The immunization schedule might seem aggressive during this first year, but this is when your infant's immune system is still immature, and we want to avoid preventable serious diseases.

By two years old, most children are up-to-date with their vaccines, and do not require any more until their five year visit. The exception to this is the yearly flu shot which more and more children are receiving each year to protect them during the winter influenza season. After three years of age, we will see your child yearly for a well child visit until their 21st birthday.

We will see your child more often for sick visits, or if he has chronic health issues that require frequent follow up. We have access to a wide range of pediatric specialists to whom we can refer.

VII. Ambler Pediatrics General Information

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Our nursing staff includes registered and licensed practical nurses who answer phone questions during office hours on weekdays, early evenings, and Saturday mornings. The nurses have undergone special training to be able to answer routine questions regarding childcare and common illnesses. The nurses will routinely ask the pediatrician or pediatric nurse practitioner advice about complex problems you may experience. If you would prefer to speak with either a pediatric nurse practitioner or a pediatrician, the receptionist or nurse will arrange for one to return your call.

There is always a provider available by phone for emergencies. If you need immediate assistance after hours or on weekends, call Ambler Pediatrics' main number- 215-643-7771, select option #3, and listen to the instructions to leave your name and phone number. A health care provider will return your call within 15 minutes. If you do not receive a call back within at this time frame, kindly call back and repeat your information. There may have been a problem in the system.

VII. Helpful Web Sites

- www.amblerpeds.com - Ambler Pediatrics – offers general information about the practice and staff, as well as articles, and links to other helpful websites
- www.aap.org - The American Academy of Pediatrics – presents the most current recommendations regarding children's health.
- www.chop.edu - Children's Hospital of Philadelphia – describes hospital staff and services, as well as parenting information
- www.napnap.org - National Organization of Pediatric Nurse Practitioners – provides current pediatric information from a nursing perspective
- www.cdc.gov - Center for Disease Control – provides vaccination requirements for world travel and information regarding infectious disease outbreaks
- www.fda.gov - Food and Drug Administration – provides the most up-to-date information about medications

We look forward to providing the best medical care, and the best health care home for your newborn and growing child!

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