



This family education sheet teaches you how to care for the Bridle Nasal Securement Device (Bridle). You'll learn how to:

- Check that the Bridle is secure
- Clean around the Bridle
- Remove the Bridle
- Troubleshoot common problems

### Who can I call if I have questions?

**Monday–Friday, 8 am–4:30 pm:** Call the Gastroenterology Department at (617) 355-6058.

**Weeknights from 4:30 pm–8 am, weekends and holidays:** Call the Page Operator at (617) 355-6369. Ask to speak to the GI doctor on call.

### When should I call my child's doctor?

#### Call if you:

- Have any questions or concerns
- Are worried about the skin near the Bridle site
- See the feeding tube or Bridle become dislodged (moves out of place)

### What is a Bridle Nasal Securement Device?

- The Bridle is a safe and effective way to keep your child's feeding tube from coming out.
- It's inserted by placing a piece of tubing into 1 nostril, wrapping it behind a bone in the back of the nose, bringing it out through the other nostril and then connecting it to your child's feeding tube with a plastic clip. This holds the tube in place.
- The Bridle helps to prevent the tube from accidentally getting dislodged (coming out of place).
- If your child pulls on the feeding tube and Bridle, they may feel mild discomfort. This discomfort usually stops children from pulling on the tube. If your child continues to pull on the tube, it will stretch and disconnect before the Bridle could injure their nose.

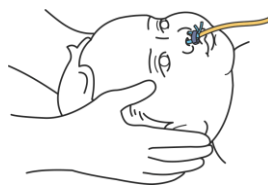
### How do I clean the Bridle?

You can gently wipe the strings and clip on the outside of your child's nose with soap and water as needed.

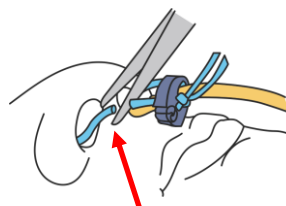
### Important tips

- The blue Bridle tubing should always be knotted under the clip. This knot helps to keep it in place. If the knot comes undone, gently retie it.
- There should be some space between the clip and your child's nose, about the width of 1 finger, to keep the clip from irritating the skin of their nose. It should rest at the ridge of their upper lip.
- The blue Bridle tubing should be centered inside of your child's nostril. Check your child's nose to make sure that the tubing isn't pushing on their nostril.
- The Bridle and feeding tube should hang freely from their nose. But if your child pulls on the tube a lot, you can secure the length of the tube loosely with a piece of tape to the nape of their neck or on your child's back. If you do this, make sure that it's not causing the tubing to pull or put pressure on the nose area (septum).

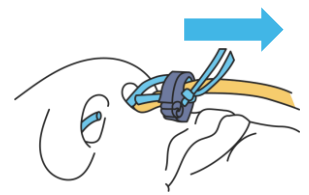
### How do I remove the Bridle?



1. Have someone help to hold your child's head still.



2. Use blunt-tipped scissors to carefully cut the blue Bridle tubing just above the plastic clip. **(See red arrow.)**



3. Gently pull the nasal feeding tube and the bridge out of your child's nose.

*This Family Education Sheet is available in Spanish.*