

Nasal bridle

Information for patients, parents and guardians

Your child's healthcare team has recommended a nasal bridle to keep your child's feeding tube in place. This factsheet explains what a nasal bridle is and how to care for it.

What is a nasal bridle?

A nasal bridle is a fastening to keep your child's feeding tube in the correct position. It is made up of flexible silicone tubing and a plastic clip.

As long as the nasal bridle is not damaged, it can remain in place for as long as your child has their feeding tube.

Why does my child need a nasal bridle?

We do not use nasal bridles for all feeding tubes. We will only give your child a nasal bridle if it is absolutely necessary for medical reasons.

For example, we may use a nasal bridle if:

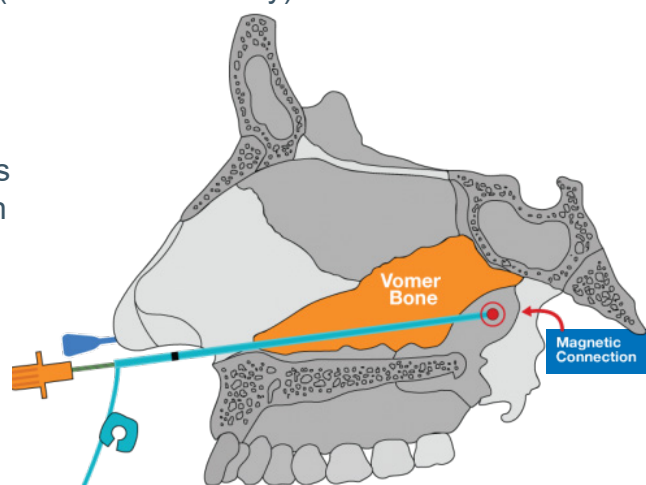
- your child has had an operation on their food pipe or the back of their throat and would need to have a general anaesthetic to reinsert their feeding tube.
- your child would need to have an x-ray to reinsert their feeding tube.
- your child is pulling out their tube very frequently (several times a day)

How is a nasal bridle inserted?

The silicone tubing is inserted into one nostril, and passed around the bone at the back of the nose (the Vomer bone) using small magnets. The tubing comes out through the other nostril. The feeding tube is then secured to the silicone tubing using the clip.

Inserting the nasal bridle is a short procedure but it may be uncomfortable for your child.

We remove the magnets once the bridle is in place, so it is safe for MRI scans.



How does a nasal bridle work?

Once the nasal bridle is in place, your child will not be able to pull out their feeding tube (unless they pull very hard).

If your child pulls on their feeding tube, it will cause some discomfort over the Vomer bone. Usually, this discomfort will discourage the child from pulling on their tube. If the feeding tube is pulled very hard, it will stretch and pull through the bridle. It will not cause any damage to the nose.

How to care for your child's nasal bridle

Look after your child's nasal bridle each day, by following the steps below:

1. Clean the bridle daily

Clean the clip and silicone tubing daily with water and a cloth or gauze. While you are cleaning, check the clip for any signs of damage and make sure the knot is tight.

2. Check for movement before every use

Check the markings on the feeding tube next to the clip before every use to make sure the tube has not slipped. This can happen if the feeding tube is pulled hard or if the clip is worn.

3. Check the tape regularly

If the feeding tube is taped to your child's cheek to stop it dangling, it is important to make sure that the tube and bridle are not pulled tightly to one side. This can cause pressure damage to the soft tissue of the nose, the area between the nostrils (the columella) and the nasal flares.



Correct taping



Incorrect taping

4. Check your child's nose daily

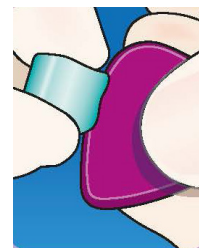
Every day, remove the tape from the tube and check your child's nose for any signs of redness, irritation or bleeding.

Pay particular attention to the columella, nostrils and the area beneath the clip. Check that the silicone tubes of the bridle are not twisted or putting pressure on the columella.

Changing your child's feeding tube

We can change your child's feeding tube while the nasal bridle is in place.

We will insert the plectrum into the bridle groove and turn it, like a key, to open the clip. We will then replace the feeding tube and secure the bridle clip onto the new tube.



Removing your child's feeding tube

If we need to remove the nasal bridle and feeding tube, we will cut one strand of the silicone tubing between the nostril and the clip, and pull both the bridle and feeding tube out together.

If we need to remove the bridle only and leave the feeding tube in, we will open the clip, release the feeding tube from the bridle, cut one strand of the silicone tubing and pull the bridle out of the nose.

Contact us

If you have any questions about your child's nasal bridle, contact your child's healthcare team.

Useful links

www.appliedmedical.net/enteral/bridle/

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