

Inova Outpatient Specialty Rehabilitation Center  
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## NICU Follow-Up Clinic

Inova Loudoun Hospital



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Inova Loudoun Hospital Outpatient Specialty Rehabilitation Center's **NICU Follow-Up Clinic** provides continued support to families with medically fragile infants. Our goal is to facilitate proper child development, prevent further complications, and assist families in achieving their maximum potential.

Through regular assessments and treatment, our team will ensure that you and your baby are equipped with the necessary tools and resources for continued growth and development. We utilize a family-centered approach, empowering parents to take a proactive role in their child's healthcare plan. Caregivers and children will work regularly with skilled occupational therapists, physical therapists, speech therapists, lactation specialists and nutritionists.

## How Can We Help?

Our NICU Follow-Up Clinic addresses the following common concerns:

- Inability to calm
- Poor latch with bottle or breast
- Noisy feeding
- Poor weight gain
- Asymmetrical facial features
- Craniofacial anomalies
- Abnormal facial/oral muscle tone
- Prolonged feeding times
- Feeding refusals
- Difficulty coordinating suck, swallow and/or breathing patterns
- Excessive reflux
- Difficulty settling at breast
- Difficulty tolerating positions other than upright
- Hyper-alert
- Poor sleep habits
- Constant gaze aversion
- Right or left gaze preference
- Asymmetrical head shape
- Increased colic

## Early Detection and Treatment

We recommend that your baby's initial appointment with the combined clinic be within two weeks of your NICU discharge. It is then recommended that the child be assessed one month later, and every three months following for the first two years. However, each child is different. Some may require more frequent visits while others may benefit from an extended period between visits.

## Getting Started

Please bring the following information with you to your initial appointment:

- Prescription stating the need for:
  - Occupational therapy
  - Physical therapy
  - Speech therapy
- Formula or breast milk if you're bottle-feeding
- Adaptive bottles or equipment
- Completed intake forms
- Apnea or oxygen monitors as applicable
- Doctor recommendations or reports

## Contact Us

*For more information or to schedule an appointment, please call 703.858.6667.*

