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## INSTRUCTIONS FOR HOME SALINE NASAL IRRIGATIONS

This procedure cleanses the nasal and sinus cavities of debris, accumulated allergens, dust, and other potentially irritating substances. It also keeps the mucous membranes moist and accelerates healing of any damaged membranes, especially after any type of sinus/nasal surgery. The procedure should be performed a MINIMUM 2 times daily, though 4 or more times a day is ideal.

1) To make up your own saline solution for nasal irrigations, mix up the following in clean tap water:

1 quart (1000cc) warm tap water  
2 teaspoons salt

One can make the solution in proportionately smaller or larger amounts. Making quantities larger than 2 quarts is not recommended as it is best to use fresh solutions to prevent using solutions potentially contaminated with bacteria growth. You may use table salt, though you may prefer sea or pickling salt as it does not contain preservatives.

If the solution stings or burns, try using salt that does not contain iodine. One can also try adding to the above solution:  
2 teaspoons baking soda

Alternatively, you may purchase additional salt packets for use with the NeilMed Bottle by calling 1-877-477-8633 or thru their website at:

[www.NeilMed.com](http://www.NeilMed.com)

2) Bend your head so that you're facing down into your sink or bathtub. Insert the bottle tip into your nose nearly perpendicular to your face. Squeeze the bottle to allow the solution to flow freely while breathing with your mouth or holding your breath. Do not sniff or breathe in through your nose otherwise choking may occur. The solution will drain from the opposite nostril. A bit may drain into your mouth as well.

3) Allow one-half (1/2) of the solution to irrigate the first nostril or until the flushed drainage is completely clear (no mucus, pus, debris, crusting).

4) Perform the procedure on the opposite side and repeat the process described in steps 2 and 3. A video demonstrating this procedure can be found on our website (go under "Education" section at [www.FauquierENT.net](http://www.FauquierENT.net)).

### **The following steps are for post-surgical care patients only (any type of sinus or nasal surgery):**

5) DO NOT BLOW YOUR NOSE TO EXPEL THE SOLUTION until the doctor lets you know the area is healed well enough for you to blow your nose. You can sniff back gently as needed to help the secretions and fluids drain.

6) A bottle of saline spray (Ocean Nasal Spray which is over-the-counter) is for use on an ongoing basis beyond saline irrigations described above (ie, at work) to keep your nose feeling moist. When empty, you can simply remove the top and replace with the same tap water and salt solution used during the irrigation.

***\*\*Please contact our office should you have any questions regarding the above procedure.***