

Nasal/Sinus Irrigations

It is required that you wash out your nose and sinus cavities with a saline solution. This is beneficial in the post-operative period to flush out pus, clots, debris and to prevent scarring. Long-term, this may be used to mechanically wash out the nasal and sinus cavities to prevent or help to clear up infections. You have been given a NeilMed Sinus Rinse bottle which includes 2 salt packets. You may purchase a box of NeilMed premixed, "salt," packets at a local pharmacy for around \$13.00/100 packets or you may use the following recipe in lieu of purchasing the premixed packets.

1 quart boiled or distilled water
1 Teaspoon canning/pickling/kosher salt (non-iodized)
1 Teaspoon baking soda

- **Bring tap water to a boil and allow to boil for 10 minutes**
- **Dissolve salt and baking soda in the tap water. Boiling is important in order to kill any bacteria/microorganisms living in the tap water.**
- **Allow concentration to cool to room temperature before use.**
- **If you chose to purchase distilled water from a store, you may skip the boiling step.**

Mix and irrigate the nose with 240 mL/8 oz. of the above solution **2-3 times a day** in the NeilMed Sinus Rinse squeeze bottle. While in the shower or leaning over a sink, aim the black cap with open tube diagonally away from the septum and gently squeeze to flush your nose. Alternate back and forth between each nostril until the bottle is empty. The fluid will circulate in and out of your sinus cavities and come out the other side of your nose. Earn a gold star if you can get it to flush out of your mouth! It may be convenient to mix larger quantities of the saline solution and store it in your refrigerator, but allow the solution to warm to room temperature before use. Consider buying one gallon of distilled water and adding 4 tsp of salt and 4 tsp of baking soda.

Figure 1: Sinus Cavities

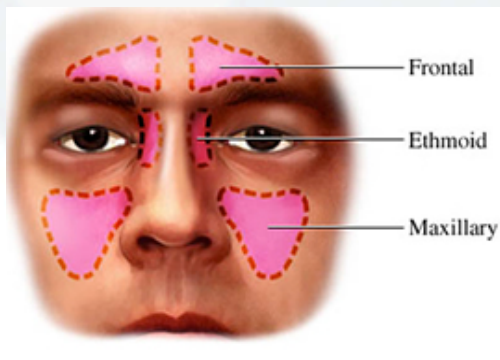


Figure 2: NeilMed Sinus Rinse Bottle



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