

Sinus and Nasal Irrigation

Sinus irrigation is a simple but effective method of maintaining healthy nasal passages.

During sinus irrigation, a gentle saline solution washes through the sinuses and clears the nose of anything causing irritation, swelling or nasal blockage.

Saline Solution

1. You can purchase the NeilMed (or other nasal rinse) sinus rinse system at your local pharmacy. In the system, you will find the NeilMed bottle and prepackaged saline packets to mix with water.
 - a. Add 1 packet to 8 oz. warm water (water should reach fill-line on bottle). If you have been instructed to add a medication to the mixture, please add it now.
2. You may also make your own solution to put in the NeilMed bottle or NetiPot.
 - a. Boil 8oz. tap water and place in clean container.
 - b. Add ¼ teaspoon of kosher salt.
 - c. Add ¼ teaspoon of baking soda.
 - d. Let solution cool to room temperature before use.



Irrigation

1. Lean forward over a sink with nose pointed slightly downwards and mouth open.
(You may also use the sinus rinse in the shower if it is more comfortable for you.)
2. Place tip of filled irrigation bottle at the opening of the right nostril.
3. Squeeze bottle gently allowing the solution to enter the right side of the nose.
4. You will feel the solution come out of the left side of the nose and possibly your mouth.
5. Continue irrigation until ½ of the bottle is empty.
6. Repeat irrigation on the left side of nose.

Tips

- Stop irrigation if you have to sneeze or cough.
- Do not inhale, speak or swallow while irrigating; this could draw the fluid into the middle ear or lung.
- The irrigations may be unpleasant at first. Try warming the fluid slightly or changing the squeezing pressure. Over time, the irrigations will become easier and more pleasant.

Cleaning

1. Clean the bottle daily with soap and water to make sure you do not reintroduce bacteria into the nose.
2. You may also wash the bottle in the dishwasher.