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SINUS AND NASAL IRRIGATION

What is nasal irrigation and why do I need it?

Nasal irrigation is really as simple as running a gentle saline solution through your nasal passages and sinuses. Irrigation is very helpful in patients with sinus problems because it helps the nose to flush out anything that can cause continued irritation, swelling, and nasal blockage. Following surgery, irrigation helps to wash out any blood clot or crusting and makes cleaning by the doctor in clinic much more comfortable and pleasant.

Irrigation is also one of the most effective ways to get topical medications directly to the nasal lining where they are needed.

How do I make the solution?

1) You may buy the NeilMed (or any other) over the counter sinus rinse system at your local pharmacy. This is slightly more expensive but more convenient. Add 1 packet to the bottle and fill to the line with warm water each time.

Note- Your doctor may have you add certain medications to the bottle

2) You may make your own by boiling tap water and place in a clean 1 liter (1 quart) container. Add 2-3 teaspoons of iodine free table salt and ¼ to ½ teaspoon of baking soda. Let cool to room temperature before use.



How do I irrigate my nose?

-Irrigation should be performed 1-2x/day depending on your doctor's recommendations.
-Lean forward over a sink with your nose pointed slightly downwards and mouth open. Place the tip of the full irrigation bottle at the opening of the nostril and squeeze gently allowing the solution to enter the nose. You will feel the solution come out of the front of the nose and mouth, allow it to simply drain into the sink. Use 1/2 bottle for each nostril.



Helpful tips:

- Stop irrigating if you have to sneeze or cough.
- Do not inhale, speak or swallow when irrigating, this could change the draw fluid into the middle ear or lung.
- At first you may find irrigations uncomfortable. Try warming the fluid or changing the squeezing pressure. After a while you should find irrigations quite pleasant.

-Video Instruction: www.youtube.com/watch?v=LW9mvVe7Mk4

How do I clean the equipment?

You should clean the bottle daily with soap and water to make sure you are not reintroducing bacteria into the nose. The bottles may be placed in the dishwasher as well. Newer bottles may be cleaned in the microwave on high for 30-60 seconds however you must check the box to make sure your bottle is microwave safe. Allow the bottle to cool and completely air dry before using again.

