

ENT SURGICAL CONSULTANTS

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NASAL SALINE IRRIGATION (12/05)

Your doctor recommends that you irrigate your nose at least 2 or more times each day with this special solution. The use of over the counter nasal saline sprays (*Ocean, Ayr, Natruvent*, etc.) available in most pharmacies does not substitute for the beneficial effects of this high volume nasal irrigation as outlined below.

PROVEN BENEFITS

- Washes away allergens, dust, dirt, and pollens.
- Increases mucus flow out of the nose and clears sinus passages.
- Improves breathing by pulling fluid out of swollen mucous membranes.
- Reduces nasal swelling and other upper respiratory problems.
- Helps prevent sinus infections.
- Increases effectiveness of topical medication within the nose.

INSTRUCTIONS

- We strongly recommend purchasing the nasal saline rinse kit *Sinus Rinse*. It is a simple, convenient, and inexpensive system that provides premixed, single use packets to be diluted with fresh tap or distilled water. The irrigation bottle and nozzle may be taken apart and washed so as to minimize the risk of contamination. This can be purchased at some pharmacies and health food stores, or ordered online from NeilMed Products (www.nasalrinse.com 877-477-8633)
- Stand over the sink or in the shower and squirt the mixture into each side of your nose. Aim the stream toward the back of your head, *not* the top of your head. If you say “ah” while squirting, the solution will come out your other side of the nose rather than down your throat.
- Most people notice a mild burning feeling the first few times they use the mixture. This usually goes away in a few days.

IF YOU USE A NASAL STEROID

- You should always use this irrigation mixture before you use your nasal steroid spray (i.e., *Flonase, Nasacort, Nasonex, Rhinocort*, etc). These steroids work better when sprayed onto nasal membranes that have been cleaned and decongested by the saline irrigation.
- Steroid sprays also work better if you direct the spray up and out towards the outer part of the nose.

FOR YOUNG CHILDREN

- You can put the mixture into a small spray container, like a saline spray or nasal steroid spray-bottle. Squirt it many times into each side of the nose. Do *not* force your child to lie down. It is easier to do when sitting or standing.

COMMERCIALLY AVAILABLE SUPPLIES

Numerous companies offer products, which simplify nasal irrigation or provide alternative techniques. Only a few are listed here. A more comprehensive list of products can be found by searching online using the keywords “nasal saline irrigation”.

Sinus Rinse

Saline nasal wash kit containing an irrigation bottle and 100 packets of sodium chloride mixed with sodium bicarbonate.
NeilMed Products 877-477-8633 www.nasalrinse.com

SinuCleanse

Complete nasal irrigation system with single use packets, which work well with tap water.
Med-System, Inc. 888-547-5492 www.sinucleanse.com

ENTsol Buffered Hypertonic Nasal Wash

Drug-free, hypertonic nasal wash with reusable bottle and powdered solutions.
Kenwood Therapeutics 800-929-9300 www.entsolwash.com

Lavage Sinusitis Treatment Kits

Complete personal nasal irrigation kit with irrigation bottle, measuring spoon and cup, storage bag, and complete instructions.
Lavage (Oakland, OR) 800-652-8243 www.nasalcare.com

Simply Saline

Sterile isotonic saline nasal mist with cleansing mist technology.
Blair Laboratories 800-252-4739 www.simplysaline.com

Pretz Nasal Products

Moisturizing irrigating solution with glycerin and yerba santa.
Helpful for patients with excessive nasal crusting and dryness.
Parnell Pharmaceuticals, Inc. 877-457-4276 www.parnellpharm.com

RinoFlow Nasal Wash and Sinus System

Small compressor unit and hand-held misting chamber that delivers a saline mist into the nasal cavities.
Respironics 800-962-1266 www.rinoflow.com (\$159)

Water Pik

A pulsating liquid delivery system requiring the use of a nasal adapter.
Water Pik Technologies, Inc. www.waterpik.com

Grossan Sinus Irrigator

Specialized nasal tip for a Water Pik dental machine
HydroMed, Inc 800-560-9007 www.sinus_relief.com/whatsirr.html

HOMEMADE RECIPE AND INSTRUCTIONS

- You may choose to make your own recipe for nasal irrigation.
- Carefully clean and rinse a 1-quart glass jar. Fill the clean jar with tap water or bottled water. You do not have to boil the water.
- Add 1 to 1.5 heaping teaspoons of "pickling/canning" salt. Do *not* use table salt. Table salt has unwanted additives. You can ask for pickling salt at the grocery store. It is often difficult to find during the winter months.
- Add 1 rounded teaspoon of baking soda (pure bicarbonate).
- Stir or shake before each use. Store at room temperature. After a week, pour out any mixture that is left over and make a new recipe.
- Make the saline and baking soda mixture according to the recipe. Plan to rinse the nose with it 2 or more times each day. You will need a bulb/ear syringe or medical syringe (30 cc). The blue bulb syringes (*Davol*) used to suction newborn babies works great. These can be purchased at most drug stores. Unfortunately, these syringes cannot be cleaned adequately.
- Pour some of the mixture into a clean bowl. Many people like to warm it in a microwave oven to body temperature. Be sure that the saline is *not* hot.
- Fill the syringe with the mixture from the bowl. Do *not* put your used syringe back into the jar, because that will contaminate your weekly supply.