

Nasal saline rinsing

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A number of proprietary products are now available from pharmacies for nasal saline irrigation e.g. Sinus Rinse (NeilMed), SinuClense (Paedpharm), FLO Sinus Rinse, FESS Sinus Spray. Alternatively, the following instructions can be used.

Nasal saline irrigation should be performed at least twice a day and a spray (e.g. FESS) can be used in between to keep the nose moist.

For a demonstration video, visit our website:

entnorth.com.au/videos/

Saline Solution

- 1 Litre of boiled water.
- 2 teaspoons of salt (any supermarket brand).
- 1 teaspoon of bicarbonate of soda (more if the solution is very 'stingy').

Store the excess solution in a sealed container for up to 1 week at room temperature.

Method 1

- Wash your hands.
- Lean over the sink with your head down and turned to the side.
- Use a bulb syringe, commercially available irrigation bottle, or plastic sauce bottle (available from the supermarket) and fill completely with the saline solution.
- Insert the bottle tip just inside your lower nostril. Mouth breath or hold your breath with mouth open.
- Gently squeeze the bottle and release several times to swish a large volume of solution into your nose. Blow your nose lightly.
- Repeat the procedure for the other nostril.

Method 2

- Wash your hands.
- Pour some saline solution into your palm, and then sniff the liquid up into your nose.

Method 3

- Wash your hands.
- Use an atomizer spray pump. Fill with saline solution.
- Vigorously spray saline into nose to deliver a large volume to wash, not just wet, the nose.

Cleaning the Equipment

It is important to thoroughly clean the equipment to prevent the growth of bacteria. After each use fill the syringe or bottle with hot water, swish the hot water around and empty the bottle completely. Always stand the bottle tip-down in a clean glass to allow for complete drainage and to dry. Once a week, draw white vinegar into the bottle, swish around and empty.