

Nasal Saline Irrigation

HOW TO MAKE SALINE SOLUTION:

Mix 1 quart of water (after boiling and letting it cool down) with 2 teaspoons non-iodized salt and 2 teaspoons of baking soda.

Store in a sterile jar or bottle. To sterilize, boil a container for 3 minutes or put it through the dishwasher cycle.

Refrigerate and make new solution every 5 days.

HOW TO IRRIGATE:

Pour 1/2 to 3/4 cup saline solution into a sterile cup.

Fill baby bulb syringe with approximately 30 cc.

Tip head toward sink and turn first to one side, irrigate that nostril by placing the tip of the syringe into the nasal opening and gently pushing the plunger of the syringe so the saline is pushed into the nostril. The saline may come back out of that nostril, the opposite nostril or go down the back of the throat.

Do the same for the other side.

Repeat ___ times per day.

OTHER PRODUCTS THAT MAY BE HELPFUL:

SinuCleanse (www.sinucleanse.com)

Sinus Rinse (www.nasalinse.com) or 877-477-8633

ENTSol (www.entsolwash.com)

Grossan Sinus Irrigator (www.hydromedonline.com)