



Saline Solution for Nasal or Sinus Rinses

Nasal Saline Irrigation (Rinsing)

What is nasal irrigation?

- Irrigation, also known as rinsing, is helpful for patients with nasal or sinus problems because it helps flush out anything in the nose that may cause irritation, inflammation or blockage, such as allergens, debris, blood, infection or secretions.
- It is also an effective way to get topical medications to contact the surface lining (mucosa) of your nose and sinuses
- After surgery, irrigation is essential to remove blood or crusts and increase moisture in the nose to promote better healing.

How can I make the salt mixture myself?



1. Create Salt Mixture
 - 2 cups table / canning salt
 - ¼ cup baking soda

2. Store in clean, dry and sealed container



3. Create solution daily for rinses
 - Add 1 teaspoon of salt mixture into the NeilMed Sinus Rinse bottle
 - Add 1 cup or 250ml of warmed distilled water (you can fill the bottle to the fill-line)
 - You may choose to use tap water instead of distilled water.
 - Please boil and allow tap water to cool before mixing it with the salt mixture and using it for rinses to prevent infections.



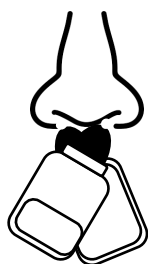
How do I prepare to rinse my nose?

- Salt mixture can be purchased (NeilMed salt packets), or made at home
- Blow your nose before rinsing
- Wash your hands before beginning.
- Follow the instructional video by using the QR code for guided steps



Sinus Rinsing
Instruction Video
(YouTube)

How do I rinse my nose?



4. Gently shake the bottle and remove the cap.
5. Standing over a sink, insert the tip of the bottle into your nostril, pointing outward angled toward your eye and away from the nasal septum
6. Tip your head forward, and away from that side.
7. Inhale gently with your mouth closed as you squeeze the bottle
8. Exhale through your mouth
9. Rinse each side of your nose using $\frac{1}{2}$ the bottle per side.
10. Pause if you need to sneeze, cough, inhale or speak.
11. Blow your nose about 15 minutes after rinsing
12. There is no limit as to how many times per day you can rinse your nose. Please speak to your healthcare provider for instructions on how many times per day rinsing your nose or sinuses is recommended for you personally.

How do I clean the bottle?

- Rinse the tip of the NeilMed bottle after use
- Wash the bottle in the dishwasher or with soap and water daily
- The bottle should be replaced every 3 months

Common Concerns

- **The irrigation is bothering my ear(s)**
 - **Adjust temperature and squeeze slowly.** Ear fullness or pain may be caused by the water temperature being too hot or too cold, or by squeezing the bottle too hard or fast.



- If you still experience discomfort, try directing the fluid out of your mouth instead of the other nostril. Some patients say making a “K” sound while irrigating can do this
- ***Can I still use saline irrigation if I feel congested, or have stents or packing in my nose after surgery?***
 - **Yes!** You may have to squeeze the bottle more gently, but you will not cause any harm by rinsing your nose. You should begin rinsing at least twice a day, up to 4-5 times per day, beginning 24h after sinus surgery.
- ***If I have been instructed to use a nasal spray and rinses, which should I use first?***
 - Unless instructed differently by your doctor, you should use the nasal saline irrigation **before** medicated nasal sprays. Please wait 15 minutes after rinsing and blow your nose before using medicated nasal sprays.
- ***I was previously using a steroid spray (ex: mometasone, fluticasone) and I have been instructed to start using steroid rinses (budesonide). Should I be using both?***
 - **Generally, no.** Please stop using your nasal saline spray before beginning steroid rinses, unless instructed otherwise by your doctor.
 - We recommend a yearly eye exam for patients using topical steroid irrigations, to monitor for the potential risk of developing glaucoma.

If you have concerns or issues, please let your doctor know at your next appointment or contact the office.