



## **NASAL SALINE RINSES (IRRIGATIONS)**

1. Please wash your hands before handling the bottle.
2. Fill your NeilMed rinse bottle with 8 oz of warm water. You can microwave cool water for 35-40 seconds for desired temperature.
3. KEY: Pay attention to the water you use. If you have well water, use distilled water for your rinses. If you have public or municipal water, filter the water before using. If your public or municipal water is cloudy, has sediment, or smells odd, use distilled water. Do not rinse your nose with water you do not drink. If you do not drink your tap water, use distilled water for your rinses.
4. Add packet to rinse. If you prefer to make your own salt solution, the recipe should be:  $\frac{1}{4}$  tsp of kosher or sea salt,  $\frac{1}{4}$  tsp baking soda to 8 oz of water.
5. Tighten the cap on the bottle securely. Place one finger over the tip of the cap and shake the bottle gently to dissolve the mixture.
6. Standing in front of a sink, bend forward and tilt your head down. Keeping your mouth open without holding your breath, put the cap against your nasal passage. Squeeze the bottle gently until  $\frac{1}{2}$  (120 mL) of the bottle is used. Expect that solution will drain from the opposite nasal passage or from your mouth. Try not to swallow the salt solution.
7. Repeat for other nasal cavity (120 mL).
8. Following your rinse, tilt your head to the side and forward. Blow your nose gently. Remember that your cheek sinuses are like bowls, so by tilting to the side and forward residual solution may flow out of that sinus. Repeat for other side. If any solution has reached the back of your throat, it is safe to spit this out.
9. Rinses once or twice a day as directed by your physician.
10. If you have been prescribed a nasal steroid, use it 30 minutes after your saline sinus rinse is completed.
11. It is important to STERILIZE your rinse bottle at least 3 times per week. Without sterilizing your bottle, it could become colonized with bacteria and contribute to your infections and congestion. To STERILIZE your bottle, either microwave your bottle for 2 minutes or wash it in the dishwasher on the top shelf.
12. Replace your rinse bottle monthly and after each treated sinus infection. New rinse bottles and boxes of additional salt packets are available over the counter in the sinus and allergy section at most local grocery stores and pharmacies. Supplies can also be purchased on-line.