



Nasal Saline Irrigations

Nasal saline irrigations are a much more efficient way to clear and washout the sinuses than traditional “saline sprays.” The saline irrigation bottle and kit can be bought over the counter at almost any pharmacy. The one that is most common is the “**NeilMed Sinus Rinse.**” The kit comes with a squishy bottle and saline packets. To use the rinse bottle, fill the bottle to the black line (~240cc) with either **distilled water** (do not use saline water) or **with 1 quart of boiled water that has been brought down to room temperature.** Once the bottle is filled, **mix the saline packet** that comes in the kit to create a “**saline rinse.**” Rinse both sides of the nasal passageways with the entire bottle 2-4 times per day. If you are using additional medicated nasal sprays (i.e. flonase, azelastine, or dymista), the medicated sprays should be used only after you have irrigated the nose.

Instructions:

1. Make 240cc of saline in the NeilMed bottle using the salt packets with either distilled water or boiled water that has cooled down to room temperature.
2. Put the tip of the sinus rinse bottle in your nostril and aim it towards the crown or top of your head. Gently squeeze the bottle to flush out your nose. The fluid will circulate in and out of your sinus cavities, coming back out from either nostril or through your mouth. Try not to swallow large quantities and spit it out instead.
3. Perform saline irrigations 2-4x times daily.



YouTube Demonstration: <https://www.youtube.com/watch?v=QtKHfwVPhU>