



INSTRUCTIONS FOR NASAL IRRIGATION

1. In 1 pint of distilled water, mix
½ tsp. salt
½ tsp baking soda
2. Store this solution in a pint size plastic bottle and re-mix it every 3 days to prevent contamination with bacteria.
3. Perform irrigations while leaning forward over the sink with your head bent toward the sink (or alternately while showering or bathing with the head bent over forward). The irrigations can be done using one of several methods:
 - Put some solution into your cupped hand and alternately sniff some into each nostril with the head tilted forward then blow the solution out into the sink.

Or

 - Using a bulb syringe (similar to that used to suck out a baby's nose), squeeze out the air from the syringe and fill it with the solution. Leaning way forward, gently squirt the solution into each nostril alternately. The solution may come out of your mouth – this is normal. Spit the solution out from your mouth and blow your nose vigorously (unless you have been restricted from blowing your nose after recent sinus surgery – then blow gently without pinching the nostrils).

Or

 - Purchase a WaterPik® dental irrigator and obtain a nasal irrigation adapter (ask our staff for information about ordering one). The solution can be poured directly into the reservoir of the WaterPik. Set the irrigator on the lowest setting, place the irrigator tip securely into the nose, lean forward over the sink and LASTLY turn on the irrigator. The solution will fill the nose and drain out through your open mouth into the sink. When the reservoir is empty, repeat on the other side.
4. Irrigate two to three times daily, and if using a prescription nasal spray, irrigate before administering the spray.