



For questions or emergency care, please contact us at 985-327-5905

Nasal Saline (Salt Water) Irrigation

Nasal saline irrigation is used to maximize the health of the sinuses particularly in patients with poor sinus function due to a history of chronic sinus problems or patients recently undergoing surgery.

Instructions:

1. Boil 1 quart of tap or bottled water and pour into a clean jar.
2. Add 1 to 3 teaspoons of table salt or non-iodized salt (if possible) per quart of water and shake or stir. Adjust the amount of salt as needed that irritates your nose the least. Better decongesting occurs with more salt.
3. Some people prefer to add 1 teaspoon of baking soda (pure bicarbonate) to the solution to make it less irritating. This is optional. The baking soda also helps to break up mucus.
4. Make up fresh each day or store in a refrigerator for no longer than one week.
5. **LET THE WATER COOL TO ROOM TEMPERATURE BEFORE IRRIGATING YOUR NOSE.** If it has been in the refrigerator you can warm it to room temperature with a microwave if preferred. **DO NOT USE HOT SOLUTION.**
6. Pour some of the solution into a clean bowl and fill the bottle or syringe with the salt water mixture. Consider benefits of adding baby shampoo to salt water to decrease biofilms and slimy postnasal drip.
7. Insert either a squeeze bottle (preferred), baby bulb syringe, or a water pik attachment gently into your nose an inch or less.
8. Lean your head over a sink.
9. Wash out your nose with enough solution until it runs back out clear (at least 50cc).
10. Perform nasal irrigation twice a day as long as directed or until instructed to use a taper schedule.
11. If you use a nasal steroid: You should always use the mixture before using your nasal steroid spray (Flonase, Rhinocort, Nasonex, or Nasacort).
12. If you reuse a syringe, make sure you clean it vigorously at least once or twice a week to prevent bacteria from growing in the bulb.