

Nasal Sinus Rinse Instructions

Department of Otorhinolaryngology – Head & Neck Surgery



Saline Solution:

Option 1: 240 ml of boiled water (after it has cooled) or bottled water + one ready-made salt packet.



Option 2 (Homemade solution): 1 liter of boiled water (after it has cooled) or bottled water + one teaspoon of sea salt (non-iodized) + one teaspoon of baking soda.



Your doctor may prescribe a medication for you to rinse your sinuses with.

Instructions:

1. Pour the solution into the rinse bottle and shake it so that the ingredients mix together.
2. Rinse each nostril with half of the bottle of saline solution, twice a day.
3. While showering or leaning over a sink, tilt your head forward to a comfortable position. Place the tip of the rinse bottle into the nostril and aim it toward the top of your head. Do not aim the rinse toward the middle of your face. Gently squeeze the bottle to rinse your nose. The fluid will flow in and out of your sinuses. It may come out of your mouth, or perhaps out of the other nostril. Try not to swallow large amounts of the solution, and it is best to spit it out if it collects in your mouth.
4. Be sure to keep the bottle clean. Rinse the bottle and wash the tip with soap and water daily, and let it dry. Disinfect the bottle with a 1:1 solution of water + rubbing (isopropyl) alcohol once a week.
5. Rinse gently if you feel pain in your ear, and make sure the rinse is aimed in the correct direction.
6. It is essential to rinse your nose and sinuses during the period after the operation, to help prevent scar formation after surgery and to clear blood clots from your nose. It is preferable to use a full bottle on each side, at least three times a day.



Incorrect



Correct