

NASAL SALINE IRRIGATION

You will need the following:

- ½ teaspoon of canning, pickling or sea salt. NOT table salt!!!
- ½ teaspoon of baking soda
- 240 ml's of sterilized water, boiled and cooled
- Nasal sinus rinse bottle

Use a sinus bottle with tip facing up to irrigate your nose. Bend your head far forward over a tub or sink. Place the tip of the bottle just inside your nostril and flush your nose with a moderate amount of force. Repeat the entire sequence two to three times daily.

If you have been prescribed nasal steroid sprays, use them five to ten minutes after you have irrigated your nose.

NOTE: It is best NOT to store saline mixture overnight. If you need to, then refrigerate. Also, make sure to clean your syringe or bottle after each use with soap and water and then air dry.