**Nasal Saline Rinse**

Benefits of Rinsing the Nose

with Salt Water

* Rinsing the nose washes away irritants, allergens, crusts and other debris
* Saline pulls fluids out of swollen tissues and helps to decongest the nose, improving air flow. This improves nasal/sinus congestion and nasal breathing.

Recipe

* Clean a 1 quart glass jar.
* Fill the clean jar with **distilled water**, NOT tap water.
* Add **2 – 3 teaspoons** of *pickling or canning salt*. Do not use table salt, as it has additives that are not healthy for your nose.
* Add **1** teaspoon of *baking soda*.
* Stir or shake before using.
* Store at room temperature for one week. After one week, dump any remaining saline out and make a new batch.
* If the mixture seems too strong, decrease the amount of salt, while maintaining the baking soda concentration.
* For children, start with less salt, about 1 teaspoon, then increase the salt concentration to what your child will tolerate, up to 3 teaspoons.

Instructions for Rinsing the Nose

* Using a bulb or large 30cc medical syringe rinse **4-8 tablespoons** (¼ – ½ cup) of saline through each nostril.
* Stand over a sink or in the shower, lean slightly over and aim the saline toward the back of your head, not the top.
* There may be mild burning in the nose the first few times of doing this. This burning sensation will go away after a few days.
* Most of the saline will come out the nose. Some will come into your throat, which is ok.
* **Do not** put your syringe into the jar of saline, because it will contaminate your supply of saline.
* For the average patient rinsing the nose about **1-3 times daily** is adequate.
* For **post operative sinus surgery** patients, rinse twice a day for about one month after surgery.
* For patients being treated for **Chronic Sinusitis**, rinse 2 times daily, once in the morning and once at night before bed.
* Rinse the nose about 20 minutes before applying any prescription nasal sprays, such as Flonase.