Nasal Saline (Salt Water) Irrigation

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

1. Wash your hands with soap and warm water before mixing the solution and before irrigation.

2. Mix the Neil Med sinus solution per the directions (using DISTILLED OR BOTTLED WATER and the Sodium Chloride/Sodium Bicarbonate Packets).
   a. If the water has been in the refrigerator, you can warm the saline (salt water) to room temperature with a microwave if preferred BEFORE MIXING. DO NOT USE A HOT SOLUTION.
   b. You may also make your own saline (salt water) solution.
      i. Add 2 level teaspoons of non-iodized (pickling or canning) salt per quart of DISTILLED WATER and shake or stir. You may adjust the amount of salt up to 3 level teaspoons as needed if you tolerate it better. Some people prefer to add 1 level teaspoon of baking soda (pure bicarbonate) to the solution to make it less irritating. This is optional.
      ii. If you have to use tap water, please follow the following directions:
         1. Bring 1 quart of tap water to a rolling boil and pour into a clean jar once it cools. DO NOT USE A HOT SOLUTION.
   c. Make fresh solutions for each use or store in a refrigerator between uses for no longer than one week.

3. Lean your head over a sink.

4. Wash out your nose with half of the saline (salt water) on one side and the other half on the other side.

5. Perform nasal irrigation twice a day as instructed as long as directed.

6. If you use a nasal steroid or other medicated rinse, you should always use the saline rinse before using your medicated spray or rinse so you do not rinse out the medication.

7. Clean the bottle regularly according to the manufacturer’s directions. Change out the bottle within three months.

For Questions or Emergency Care:
Call the office at 601-984-5160. You may need to speak with the doctor on-call.

Instructional Video
An instructional video may be accessed using this QR code, or you may visit

https://umc.edu/Healthcare/ENT/Nasal-Irrigation-Video.html