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.

Saline preparation:

1. Our preferred method is to use the NeilMed Sinus Rinse bottle system and the premixed saline packets. Follow the directions that come with the bottle for preparation.

2. Preparing on your own:
   - Add 2 level teaspoons of non-iodized (pickling or canning) salt per quart of 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.

3. Water to use:
   - We strongly urge you to use bottled or distilled water if at all possible.
   - If reusing the same bottle of water, keep the bottle refrigerated between uses.
   - If you have to use tap water, please follow the following directions:
     - Bring 1 quart of tap water to a rolling boil and pour into a clean jar once it cools.
     - Keep the solution refrigerated in between uses.

4. Make fresh solutions for each use or store in a refrigerator between uses for no longer than one week.

Irrigation instructions:

1. Make sure the solution is at room temperature before irrigation.

2. Pour some of the solution into a clean bowl and fill the bottle, syringe or water pik reservoir with the salt water mixture.

3. Insert either a squeeze bottle (preferred), baby bulb syringe, or a water pik attachment gently into your nose an inch or less.

4. Lean your head over a sink.

5. Wash each side of your nose with at least 50 cc (ml) on each side.

6. Perform irrigations twice a day as long as directed.

7. 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.

8. Change the bottle, bulb, or syringe out every two weeks.

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