
Nasal Irrigation

A number of proprietary products are now available from Pharmacies for nasal saline irrigation e.g. Sinus Rinse (NeilMed), Sinu Clense (Paedpharm). Alternatively, the following instructions can be used.

SALINE SOLUTION (To refill bottles and sprays)

Use 500ml Boiled water

Dissolve 1 teaspoon of non-iodised salt (rock salt from the supermarket)

Add 1 teaspoon of baking soda (Bicarb Soda).

2nd week use 2tsp salt and increase to 3tsp in the 3rd week if tolerated.

Store solution in covered container up to 1 week at room temperature.

Nasal saline irrigation should be performed at least twice a day and a spray can be used in between to keep the nose moist.

METHOD 1

Wash your hands.

Lean over the sink with your head down and turned to the side.

Use a bulb syringe (or plastic sauce bottle available from the supermarket) and fill completely with the saline solution.

Insert the bottle tip just inside your lower nostril.

Mouth breath or hold your breath with mouth open.

Gently squeeze the bottle and release several times to swish a large volume of solution into your nose.

Blow your nose lightly.

Repeat the procedure for the other nostril.

METHOD 2

Wash your hands.

Pour some saline solution into your palm, and then sniff the liquid up your nose, one nostril at a time.

Blow your nose gently.

METHOD 3

Wash your hands.

Use an atomiser spray pump. Fill with saline solution. Vigorously spray saline into nose to deliver a large volume to wash, not just wet the nose.

CLEANING THE EQUIPMENT

It is important to thoroughly clean the equipment to prevent the growth of bacteria. After each use fill the syringe or bottle with hot water, swish the hot water around and empty the bottle completely. Always stand the bottle tip down in a clean glass to allow for complete drainage. Once a day, draw white vinegar into the bottle, swish around and empty.

- Containers can be sterilised by placing in microwave for 1 minute on high with a small amount of water to generate steam.

- This can be done once a week to prevent infections.