

NORTH COUNTY EAR, NOSE AND THROAT –
HEAD AND NECK SURGERY
Pediatric and Adult
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HYPERTONIC SALINE NOSE & SINUS IRRIGATION

How does it work?

This high-concentration of salt water flushes mucous crusts and other debris from your nose, and shrinks the membranes as it pulls fluid from them. This decongests and improves airflow into your nose, which, in turn, opens the sinus passages. Studies show that it improves cell function by increasing movement of the cilia (small hairs) in the sinuses. The cilia help keep mucous flowing and prevent mucous from pooling in the sinuses. It is pooled mucous that gives bacteria a chance to grow. *These irrigations are essential for chronic sinusitis (sinus inflammation) and chronic rhinitis (nose inflammation).*

The recipe:

- * Thoroughly clean a one-quart glass jar.
- * Fill with tap water that has been boiled and allowed to cool.
- * Add 3 teaspoons of salt (kosher, canning, or pickling salt...not table salt).
- * Add 1 teaspoon of baking soda.
- * Mix and store tightly sealed at room temperature. Discard after one week.

Irrigation instructions:

- * Use an ear syringe or baby's bulb syringe or a water pik with an irrigation tip.
- * Flush some solution into one nostril (aim slightly upwards within the nose).
- * Tilt the head slightly backward and to the same side when flushing.
- * Repeat on other side.
- * Blow your nose.
- * Repeat 2-3 times a day.
- * If it burns the nose, use less salt.

Most patients prefer to purchase pre-made sinus irrigation kits.

A favorite is "Sinus Rinse" by Neil Med (www.neilmed.com).

If you are not accustomed to nose and sinus irrigations, we recommend starting with the "blue package" since it will be gentler than the "green package." The Neil Med website and handout describe the blue and green products in detail and provide a lot of useful educational information.