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Baby Shampoo Irrigation Instructions



1. Fill NeilMed® irrigation bottle with 8oz of Saline solution (top of line is 8 oz). You may use the saline recipe below or buy the NeilMed ® Sinus Rinse packets and follow the directions on the back of the packet.
 2. Add 2.5 ml (half a teaspoon) of Johnson's ® Baby Shampoo to the 8 oz of saline in your irrigation bottle.
 3. Swirl the bottle to mix – **DO NOT SHAKE**.
 4. Bend your head over the sink and irrigate each nostril with 4 oz of this solution.
 5. Do this procedure twice a day – morning and night
- Rinse out the bottle and wash its tip with soap and water after each use. Air dry completely. Once a week, sterilize the bottle with 2/3 part water and 1/3 part hydrogen peroxide – shake solution and squirt through nozzle making sure solution flows over nozzle tip.

Normal Saline Recipe (1 liter)

1 liter boiled or distilled H₂O (must be sterilized)
1 teaspoon canning/pickling/kosher salt (non-iodized)
1 teaspoon baking soda

To make 1 gallon, quadruple the above recipe

IMPORTANT: If you follow the above recipe, keep this solution in the refrigerator. Microwave to room temperature prior to use.