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Nasal Saline Irrigations

Preparation:

Add approximately 1 cup (8 oz) of distilled or boiled tap water to a NeilMed® Sinus Rinse or equivalent irrigation bottle. Warm this water to just above room temperature. Now add the contents of a NeilMed® Sinus Rinse packet (follow packet instructions). Alternatively, you may refer to the recipe below to make your own mixture.

Irrigation:

While leaning forward with your head over a sink, irrigate one nostril with half of the bottle (4 oz) while aiming the squeeze bottle diagonally (away from the septum in the middle of the nose). Then irrigate the opposite nostril. It's sometimes helpful to use the right hand to irrigate the left nostril and vice versa. If done correctly, the saline solution will cleanse your nasal cavity/open sinuses and exit out of the opposite nostril and/or mouth. To prevent the solution from passing into your mouth and throat, its best to focus on making a "k" sound to close off your palate while you irrigate.

For a video demonstration, go to <http://www.neilmed.com/usa/directions-videos.php>

Recipe to make your own saline sinus irrigation solution:

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

Store it in the refrigerator and warm 1 cup (8 oz) to just above room temperature prior to each use.

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