



Nasal Saline Irrigations

Recommend using the Neil Med Sinus Rinse bottle. Saline/salt mixture packets may also be purchased. Follow the recommended instructions when mixing with water. You may also choose to make your own saline solution. Use one-quarter teaspoon of non-iodized salt and baking soda. Mix in the bottle filled with warm water. To flush, lean over a sink and place the bottle tip up to one nostril. Squeeze the bottle to flush/irrigate that side of your nose. It will go in that side and usually come out the other side. Repeat the flush on the other side. Alternate nasal flushes until the bottle is empty. Irrigations may be done once a day or as needed. Probably best to place the bottle in the dishwasher once a week and replace a minimum of every three months. Post-operative patients should irrigate at least 2 to 4 times a day. Another method of irrigation is with the Grossan Hydro Pulse with nasal tip adapter.