

Nasal Saline Irrigation

What is nasal saline irrigation?

Nasal irrigation is used when greater volumes of saline are needed, for example, after sinus and nasal surgery or when large mucus crusts build up or nasal/sinus polyps block mucus clearance.



To irrigate your nasal passages, a bulb syringe (used to clear the nasal passages of babies), 60cc Tumi syringe, or other commercially available syringe can be used.

To make your own nasal irrigation solution, mix:

¼ tsp. of kosher or pickling salt

¼ tsp. baking soda

8 oz. of warm tap water

(1 tsp. of salt, 1 tsp baking soda per 32 ounces of water)

Since tap water may have some bacterial impurities, you may choose to use distilled water instead. Boil the distilled water and store in a refrigerator until you add the salt and baking soda.

Or, you can purchase the “Sinus Rinse” system or other commercially available products made specifically for sinus irrigation.

How do I do saline irrigation?

Use 8-16 ounces of solution in each nasal cavity **3-4 times daily**, or as often as is prescribed by your doctor.

Place the tip of the syringe at the nostril and irrigate with the saline mixture. The irrigation should be forceful and rigorous, since it cleans the nose by mechanically removing debris, crusts, and mucous.

Prepare fresh solution each day and clean the Sinus Rinse bottle after each use.