

Mao Facial Plastic Surgery

Saline Nasal Irrigation

Saline nasal irrigation has been prescribed to help clean and heal your nose and sinuses. When done regularly, it helps clean and moisturize the lining of your nose and sinuses. The procedure is very easy to do.

Recipe:

- Choose a one-quart glass jar that is thoroughly cleansed.
- Fill with tap water. You do not need to boil the water. You may use bottled water if you choose.
- Add two to three teaspoons of pickling/canning or kosher salt (Do not use table salt as it contains a large number of additives.) or sea salt.
- Add one teaspoon Arm and Hammer® baking soda (pure bicarbonate).
- Mix ingredients together and store at room temperature. Discard after one week. If you find this solution too strong, you may decrease the amount of salt added to one or one and a half teaspoons. With children, it is often best to start with a milder solution and advance slowly.

Procedure:

- Using a small rubber bulb syringe (available at many retail pharmacies for a nominal fee), draw up some solution.
- Place the tip of the syringe into the nostril, then squeeze the bulb to irrigate.
- Irrigate one or both nostrils as directed by your health care provider.
- Standing at the bathroom sink and bending forward slightly from the waist helps make it a bit easier to do the irrigation.

You need to do these irrigations _____ times a day.