

Instructions for Nasal Washes

Nasal-Sinus Hygiene: Routine cleaning of the nose is beneficial for almost all patients with allergic and non-allergic rhinitis and/or sinusitis. In many patients with asthma and chronic bronchial disease, there is some associated disease involving the nose and sinuses. If you have asthma, we feel it is important to keep the nose open to humidify the warm air. The drainage from the nose and sinuses may get into the lungs, especially at night, worsening the bronchial disease. To prevent this, keeping the nose clean is important.

NASAL SALINE IRRIGATION: There are several methods available; two are listed here.

Method 1. Buy some “Ocean”, Ayr” or similar commercial saline solution, in a squeeze bottle. Insert into the nostril, close the other nostril with your finger, squeeze and inhale simultaneously. It is most successful when the bottle is held horizontally and the fluid gets all the way back in the nose and comes into the back of the throat.

Method 2. Purchase a Nasal Saline Wash Kit from the drug store. This comes with packets of salt and instructions. If you wish to make your own salt solution, the following recipe can be used to make a fresh solution each time you do the nasal wash.

½ tsp. non iodized salt (iodized salt can irritate the nose)

Pinch baking soda

8 oz. warm water (if you are using well water, boil the water to sterilize and let cool before using)

Fill the squeeze bottle as directed in the kit. Lean far over the sink with your head down. Insert the bottle tip just inside the nostril. Gently squeeze the bottle so the saline solution runs through one nostril and out the other nostril or through the back of the throat and into the mouth. Repeat for other nostril. Avoid doing nasal washed within an hour of going to bed as occasionally the water will be retained in the nose for a short period of time after the nasal rinse is completed. Neil-med has provided an online video demonstration of using their nasal irrigation kit on their website:

http://www.neilmed.com/usa/sinusrinse_video.php

Cleaning the Squeeze Bottle:

After each use, wash the bottle with a small amount of dish detergent and rinse thoroughly. Always stand the bottle upside down after rinsing (e.g. in a clean glass) to allow to drain completely.

Weekly, wash the bottle with a concentrated white vinegar or isopropyl (rubbing) alcohol. Rinse the bottle thoroughly with tap water and stand bottle upside down. If any yellowing or discoloration is found, discard the bottle and get a new one.



