

**EAR, NOSE & THROAT SPECIALISTS
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BUFFERED HYPERTONIC SALINE NASAL IRRIGATION SOLUTION

The Benefits

1. When you irrigate, the hypertonic saline (salt water) acts as a solvent and washes the mucus crusts and other debris from your nose.
2. The higher salt concentration pulls fluid out of the swollen membranes and shrinks them. This decongests and improves the air flow into your nose. The sinus passages begin to open.
3. Studies have also shown that high concentration salt water and an alkaline irrigation (baking soda) improves nasal membrane cell function (mucociliary flow of mucus debris).

The 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.
- Add 2-3 heaping teaspoons of pickling/canning salt, **NOT** table salt as it contains a large number of additives.
- Add 1 teaspoon Arm & 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 to 1 to 1½ heaping teaspoons. With children it is often best to start with a milder solution and advance slowly.

The Instructions

You should plan to irrigate your nose with buffered hypertonic saline 2-3 times per day. You may use a bulb/ear syringe, large medical syringe (30cc) or water pik with irrigation tip. Always pour the amount of fluid you plan to use into a clean bowl. Many people prefer to warm the solution slightly in the microwave--be sure that the solution is NOT HOT.

Stand over the sink (or stand in the shower) and squirt the solution into each side of your nose aiming the stream toward the back of your head, NOT the top of your head. This allows you to spit the saltwater out of your mouth. It will not harm you if you swallow a little.

For younger children, you may want to place the solution into a pump spray container such as "Ocean" nasal spray or nasal steroid container and squirt several times into each side of the nose. DO NOT FORCE your child to lay down. It is much easier to do in a sitting or standing position.

If you have been told to use a nasal steroid such as Vancenase, Beconase or Nasacort, you should always use hypertonic saline solution first and then use your nasal steroid product. The nasal steroid is much more effective when sprayed onto clean nasal membranes and the steroid medicine will reach deeper into the nose.

Most people experience a little burning sensation the first few times they use hypertonic saline solution, but this usually goes away in a few days. Please call our office at 622-3623 if you have any problems or questions.

METHODS OF NASAL IRRIGATION

Reminder: Do not start nasal irrigation until you have been instructed to begin.

Bulb Syringe Method:

1. Purchase a large (3 oz.) bulb syringe (“ear syringe”)—this is available at our office or at your local drug store
2. Mix the irrigation solution using the recipe on the other side of this sheet.
3. Fill a basin with 1 quart of warm (not hot) irrigation solution.
4. Squeeze bulb in basin to draw in solution.
5. Place the tip of the bulb syringe about ½ inch inside the nose. Lean over the sink while irrigating.
6. Hold your breath as long as you can while irrigating your sinus. Try to aim the water flow in the direction of your eye. This allows the solution to enter the sinus cavity. Do not be alarmed if the irrigation fluid drains out the opposite nostril. Continue irrigating until you have used up the whole quart of solution in the basin.
7. You may gently blow your nose in between irrigations. It is normal to see old blood and crusts in the water that flows from your nose into the sink.
8. Irrigate twice a day for approximately one week, or as directed by your physician.
9. Feel free to call our office nurse at 622-3623 if you have any questions.

Water Pik Method:

1. Purchase the Grossan Nasal Irrigator Tip for your water pik. This is available through our office. Attach the irrigator tip to the water pik.
2. Mix the nasal irrigation solution according to the recipe on the reverse side of this sheet.
3. Adjust the pressure setting to provide a steady, gentle stream.
4. Insert irrigator tip into one nostril. Lean over the sink while irrigating—some of the solution will drain into the other nostril. Hold your breath while irrigating to prevent solution from going down your throat.
5. Monitor the level of solution in the water pik unit. When the solution is half gone, stop the process and switch sides.
6. Repeat irrigation on the other side. The last side to be irrigated should be the first side irrigated the next time.
7. Gently blow your nose after irrigating. You may see evidence of crusting or blood-tinged mucus, or nothing at all.
8. Rinse the machine with clear water to remove residual salt.
9. Feel free to call our office nurse at 622-3623 if you have any questions.