

HOW TO IRRIGATE YOUR NOSE

Items you will need:

1. A bulb syringe (like you would use for a baby's nose) or an irrigation bottle.
2. Salt.
3. Baking Soda.

To prepare the solution to irrigate your nose, you will need to boil water for 10 minutes, which will kill all the bacteria. Then add 1/4 teaspoon of salt and 1/4 teaspoon of baking soda for each 8 ounces of water. Alternatively, you may use bottled distilled water (often sold in one gallon bottles). This may be done before boiling, but the lid should be on the pan so the concentration stays fairly close.

If using boiled water, the water should then be cooled to body temperature. This would be a comfortable temperature when tested on your wrist similar to how you would test a baby's

bottle on your wrist for the temperature of the liquid in the bottle.

To prepare the solution to irrigate your nose, you will need to boil water for 10 minutes, which will kill all the bacteria. If you have a clean tap water source or bottled water, then boiling is not necessary. Then add 1/4 teaspoon of salt and 1/4 teaspoon of baking soda for each 8 ounces of water. This may be done before boiling, but the lid should be on the pan so the concentration stays fairly close.

The water should then be cooled to body temperature. This would be a comfortable temperature when tested on your wrist similar to how you would test a baby's bottle on your wrist for the temperature of the liquid in the bottle.

You may store this solution in the refrigerator in a container that is essentially sterile. The container may be "sterilized" by running it through the dishwasher. Your water should be set as hot as it can be set. (If you have small children around the house, you will need to lower the temperature so the child cannot become burned during bath time). If the solution is stored in the refrigerator, you may warm it in the microwave to a comfortable temperature. To sterile the bulb syringe, you may fill it with water and boil-it for 10 minutes. The syringe should be cleaned daily.

How to irrigate your nose: Lean over a sink, close your soft palate. To do this, you can attempt to make a K sound without actually making the noise, and this will close the soft palate so the

solution will not run into your mouth. Irrigate each side until you get a clear return, or two bulbs full of solution per side.

Alternative: you may use a NeilMed Sinus Rinse Kit that can be purchased here or at your local store, and irrigate as per the above instructions.