



## Family Education Handout Nasal/Sinus Irrigations

1. Fill NeilMed irrigation bottle with 8oz of saline solution (or NetiPot or similar bottle). To make saline solution, combine 1 quart of boiled or distilled water, 1 teaspoon of non-iodized salt, and 1 teaspoon of baking soda. You may also add 1/8 tsp of Xylitol. Store solution in refrigerator and microwave to room temperature prior to use. Alternatively, buy NeilMed Sinus Rinse packets or Xlear Sinus Care Solution packets and follow directions on packet. If using boiled water, allow it to cool to the touch before using.
2. Bend head over a sink, place nozzle in nostril, and aim the nozzle on a diagonal, pointing away from the septum.
3. Flush out your nose. Some fluid may come out through the mouth. Avoid swallowing large quantities of the fluid.
4. After each use, rinse and wash the bottle with soap and water and allow to air dry.
5. One time each week, the bottle should be sterilized with 2/3 part water and 1/3 part hydrogen peroxide solution. Be sure to shake solution in bottle and squirt it through the nozzle.

This should be performed twice a day in order to help clear the nose of clots and to prevent scarring after sinus surgery. Begin on the morning after your surgery unless instructed otherwise by Dr. Amin.