



## How to do nasal irrigation (washes)

### A step-by-step guide

- Nasal irrigation should be performed first, before using any nasal drops, spray or ointment.
- Pre-prepared medications or sterile water should be used for nasal irrigation if possible. This reduces the risk of infection.
- Stand in front of a basin and squirt the solution into each nostril. Aim the stream towards the back of your head, NOT the top of your head. Don't worry if it flows into one nostril and out of the other. This is just a sign it is washing your nose.
- It is normal to feel some mild irritation when you start these washes. This should settle with time.

ILLUSTRATION COMING SOON

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### Extra tips for nasal medications

- If you have an unpleasant taste after using nasal medications, drinking water or a flavoured drink may help.
  - If you develop soreness or bleeding, you may be using the medications incorrectly. Re-check the instructions and make sure you are not pressing the container against the septum (middle part inside the nose). If this does not settle, speak to a medical professional.
  - Don't use decongestant nasal sprays for more than five days in a row. This can actually make the congestion worse by causing the lining of the nose to swell every time it is stopped.
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**Disclaimer:** This publication is designed for the information of patients. Whilst every effort has been made to ensure accuracy, the information contained may not be comprehensive and patients should not act upon it without seeking professional advice.

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