



STANFORD UNIVERSITY SCHOOL OF MEDICINE
DEPARTMENT OF OTOLARYNGOLOGY-HEAD & NECK SURGERY

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Nasal/Sinus Saline Irrigation/Rinse

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We ask you to wash out your nasal passages and sinuses with a medical grade nasal saline solution. This is helpful in the pre- and post-operative periods to flush out bacteria, clots, and normal crusts, and over the long-term, this is also used to maintain nasal hygiene and limit sinus infection.

Recipe:

1 quart boiled or distilled water		1 packet Neilmed salt
1 teaspoon canning/pickling/kosher salt (non-iodized)	OR	+ 240cc water
1 teaspoon baking soda		(boiled or distilled)

Instructions:

1. Pour ingredient and water into irrigation bottle up to the dotted line.
2. Irrigate each nostril with half bottle of saline solution, 2 times a day (more than 2 times a day is also ok). While in the shower or over the sink, tilt your head forward to a comfortable level. Put the tip of this rinse bottle in your nostril and aim it towards the crown or top of your head. Gently squeeze the bottle to flush out your nose. The fluid will circulate in and out of your sinus cavities, coming back out your mouth or from the opposite side of your nose. Try not to swallow large quantities and spit it out instead.
3. Make sure you keep the bottle clean. Rinse out bottle and wash tip with soap and water daily, allow air dry. Once a week, sterilize the bottle with 1:1 water + hydrogen peroxide or 1:1 water + bleach. Shake solution and squirt through nozzle making sure solution flows over nozzle tip. Bottle parts can also be placed in the dishwasher 1-2 times per week.

