



EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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NASAL SALINE IRRIGATION

Saline Solution:

1 Tsp Salt & 1 Tsp Arm & Hammer Baking Soda
Add to 1 qt (1 L.) warm water

-OR-

¼ Tsp Salt & ¼ Tsp Arm & Hammer Baking Soda
Add to 1 cup (8 oz) warm water.

Use as sniff, spray or in larger quantities – use syringe or waterpik with nasal adapter.

Your nose should be irrigated 2 – 3 times per day with a bulb syringe, large medical syringe or waterpik with a special tip that is available at many pharmacies. To irrigate your nose draw the warm saltwater into the syringe, leaning over the sink place the tip of the syringe into the nose, squirt the water straight towards the back of the head. Allow the solution to drain back out. Then switch to the other side. You are doing this correctly if you can taste the saltwater or if you can spit it out. If you prefer, it is also effective to breathe the solution directly into the nose.

We recommend using warm water as it is much more comfortable. The amount of salt used will depend on your tolerance. Sea Salt or table salt can be used.

The Benefits of hypertonic saline irrigations are threefold.

1. The solution acts as a solvent to clean mucus, crusts and other debris from the nasal passage.
2. The solution decongests the nose because of the high salt concentration fluid if pulled out of the mucosal membrane, shrinking the membrane. This improves nasal air flow and opens sinus passages.
3. The solution improves nasal drainage. Studies have shown that saltwater cleansing of the nasal membranes improves ciliary beating so that normal mucus is transporting from the sinuses through the nose into the throat.

If you are using a nasal steroid, such as Nasonex or Flonase, cleanse the nose first with the saltwater before using your nasal spray. The nasal steroid is most effective when sprayed onto clean nasal membranes, and it reaches deeper into the nose after cleansing and decongesting.

Items available to purchase at the office:

Rhinaris Spray (Moisturizing Spray); Rhinaris Gel (Moisturizing Ointment)

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