



CRITICAL CARE, PULMONARY & SLEEP

A S S O C I A T E S

A PROFESSIONAL LLP

Saline Nasal Rinses

Benefits of saline nasal rinses

- Helps clear mucus from the nasal passageways
- Helps remove allergens and irritants
- Helps treat many conditions including chronic rhinosinusitis and allergic rhinitis

Saline Rinse Instructions

- **Supplies**
 1. Un-iodized salt (iodine or preservatives can irritate nasal lining over time)
 2. Baking soda
 3. Distilled or sterilized water
 - DO NOT use tap water unless boiled for 1 min (3 min above 6500ft).
 - Refer to CDC website for more details about safe use of water for saline rinses- <http://www.cdc.gov/parasites/naegleria/sinus-rinsing.html>
 4. Saline rinse device- bottle, pot, bulb syringe
 - There are many commercially available devices on the internet or at local pharmacies
- **Make the saline solution**
 - Mix 1/2 teaspoon of salt with 1/4 teaspoon of baking soda
 - Add the mixture to 8 oz. of water and stir until dissolved
- **Saline rinse technique**
 - Lean your head over the sink and rotate your head sideways
 - Insert the end of your saline rinse device into the upper nostril
 - Gently squeeze the solution into your nasal passageways or follow the directions on your device
 - It is normal for the solution to drain out of the opposite nostril or mouth
 - Repeat the procedure on the opposite nostril
 - Gently blow your nose to help clear the mucus
 - Clean the sinus rinse device daily and allow it to dry