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/naegleri/sinus-rinsing.html](http://www.cdc.gov/parasites/naegleri/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