Nasal Saline Irrigation (Rinsing)

You will need to irrigate (rinse) your nose to keep it clean and prevent crusting, infection and scarring. Carefully cleaning your nose will help you heal faster and keep you more comfortable while you heal.

Follow these instructions carefully. **Using a solution that is too strong or weak can dry out or irritate your nose.**

**How to irrigate (rinse) your nose**
- Stand at a sink and tilt your head slightly forward.
- Using gentle pressure with an irrigation bottle, rinse each side of your nose with about 1 cup of saline.
- Keep your mouth open while rinsing to let the excess solution drain out into the sink.
- If your nose does not feel clear, rinse again until the solution comes out clear.
- Rinse at least 3 times a day for 3-6 weeks.
- After 3 weeks, you may rinse your nose MORE than 3 times a day. Many people keep doing their nose rinses to help their breathing and to keep their noses clear.

**Important things to remember:**
1. **Use freshly made solution each time.** Do not make and store the saline. Germs can grow in a few hours and infect your nose. You may buy saline solution that is sterile and can be stored, but this costs more.
2. **Using well water.** If you have well water from your private home well, it is best to boil the water for 5 minutes and then let it cool before using. Do not use very hot water that could burn your nose! After the water is cool, mix in the salt and use. Throw away any leftover saline solution.
3. **Cleanliness.** Wash your hands and materials carefully before making the solution and rinsing your nose. This helps to prevent infection. You do not need to wear gloves.

**Saline Solution**

**What you need:**
- Kosher or pickling salt (iodine free)
- Warm water
- Irrigation bottle

**Amounts to use:**
- 2 cups warm water
- ½ teaspoon salt
- ½ teaspoon baking soda

Mix water and ingredients completely and use immediately.

Make new solution each time you rinse.

If you have questions, call your doctor’s office nurse for more information.