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SALINE NASAL WASHING



To make your own nasal rinse solution mix:

- 1/3 teaspoon non-iodized table salt
- Pinch of baking soda
- 8 ounces of distilled or otherwise sterilized water.

Water should be “baby bottle warm” in temperature.

DIRECTIONS FOR WASHING:

1. Wash your hands. Gently blow your nose if necessary before beginning nasal rinsing.
2. Pour above solution into 8 oz. (adult size) or 4 oz (pediatric size) nasal rinse bottle, or Neti Pot.
3. Stand in front of the sink and tilt your head slightly down as to look at your toes. You may also do this in the shower.
4. Keep your mouth open and do not hold your breath. Gently place the nasal rinse bottle slightly into your nose (no more than ¼ inch).
5. GENTLY squeeze the nasal rinse bottle. GENTLY wash one nostril then the other nostril. You can use 2 to 4 oz. in each nostril. Nasal washings will hurt if you squeeze the bottle too hard.
6. DO NOT swallow the solution.
7. After you have completed the nasal washing, GENTLY blow your nose. DO NOT pinch your nose completely to blow because this will put too much pressure on your eardrum.
8. Pour out any solution you did not use. Rinse the bottle with hot water. Let it air dry.

Nasal washing may be done multiple times a day but at least once daily as a general rule.

Do not rinse your nasal passages if they are completely blocked, if you have an ear infection or if your ears feel blocked. Stop nasal rinsing if you have any increased pressure or discomfort in your ears.