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**THE LEADER IN ALLERGY
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SALINE NASAL WASHING

To make your own nasal rinse solution mix:

1. 1/3 teaspoon non-iodized table salt
2. Pinch of baking soda (to prevent burning - increase the amount as needed)
3. 8 ounces of distilled, filtered or previously boiled water.

Water should be “baby bottle warm” in temperature. Sinus rinse packets can also be purchased at pharmacies or shopping center.

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 a shower (the most convenient location) or in front of the sink and tilt your head slightly down as to look at your toes.
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. Keep rinsing one side of the nose until the water comes out clear. 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.
9. After rinsing, it is recommended to wait 30-60 minutes prior to placing any prescription nasal spray into the nose.

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.