

# Central Missouri Ear, Nose Throat, Sinus & Allergy, PC

Robert J. McDonald, Jr., MD  
3527 West Truman Blvd, #200  
Jefferson City, MO 65109  
Phone: 573-659-5570 • Fax: 573-659-5577

## ~ SALT WATER RINSE FOR THE NOSE ~ (BUFFERED HYPERTONIC SALINE NASAL IRRIGATION)

### The Benefits

- When you rinse your nose with this salt water and baking soda mixture, it washes crusts and other debris from your nose.
- Salty water pulls fluid out of the swollen membranes of your nose. This decongests the nose and improves airflow. Not only does this make breathing easier, but also it helps open the sinus passages.
- Studies show that this mixture of concentrated salt water and baking soda (bicarbonate) helps your nose work better. It also moves mucus out of the nose faster.

### The Recipe

- Carefully clean and rinse a 1 quart glass jar. Fill the clean jar with bottled water.
- Add 1 heaping teaspoon of "pickling/canning" salt. **Do not use table salt**, which has unwanted additives.
- Add 1 rounded teaspoon of baking soda (pure bicarbonate).
- Stir or shake before each use. Store at room temperature. After a week, pour out any mixture that is left over and make a new recipe.
- If the mixture seems too strong, use less salt – try ½ teaspoon of salt. For children, it is best to start with a weaker salt-water mixture, and gradually increase to what your child will tolerate.

### The Instructions

- Plan to rinse the nose with the salt water 1 to 2 times each day. Make the salt water and baking soda mixture according to the recipe. You will need a bulb/ear syringe or a large medical syringe (30ml).
- Pour some salt-water mixture into a clean bowl. Many people like to warm the salt water in a microwave to about body temperature. **Be sure that the salt water is not hot!**
- Fill the syringe with salt water from the bowl. **DO NOT** put your used syringe back into the jar because that will contaminate your salt water.
- Stand over the sink or in the shower and squirt the salt water into each side of your nose. Aim the stream toward the back of your head, not the top of your head. This permits you to spit some of the salt water out of your mouth. It will not hurt if you swallow a little.
- Most people note a mild burning feeling the first few times they use the salt water mixture. This usually goes away in a few days.

### For Young Children

You can put the salt water into a small commercial spray container, like a nasal steroid spray bottle; squirt it many times into each side of the nose. Do not force your child to lie down. This is easier to do when sitting or standing.

**If you use a Nasal Steroid Spray** (e.g. RHINOCORT AQUA, Nasonex, Flonase, Nasacort AQ, etc.) You should always use the salt-water mixture first, and then use your nasal steroid spray. The steroid works better when it is sprayed onto the nasal membranes that have been cleaned and decongested by the salt water. Then the steroid medicine will reach deeper into the nose and sinuses.

**If you have any questions, please do not hesitate to call us at 573-659-5570.**