

CENTRAL MISSOURI ENT & SINUS, P.C.
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~ **SALT WATER RINSE FOR THE NOSE** ~
(BUFFERED HYPERTONIC SALINE NASAL IRRIGATION)

THE RECIPE:

- ◇ Carefully clean and rinse a 1-quart glass jar. Fill the clean jar with distilled water. You do not need to boil the 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 left-over mixture and make a new recipe. If the mixture seems too strong, use less salt, try ½ tsp of salt. For children it is best to start with a weaker salt water mixture, then gradually increase to what your child will tolerate.

INSTRUCTIONS:

- ◇ Plan to rinse the nose with the salt water mixture 1-2 times each day. You will need a bulb or ear syringe or a large medical syringe (30ml).
- ◇ Pour some salt water mixture into a clean bowl (some people prefer to warm the mixture in a microwave to body temperature first). **BE SURE NOT TO GET THE MIXTURE TOO HOT.**
- ◇ Fill the syringe with water from the bowl. **DO NOT** put your used syringe back into the jar because that will contaminate your salt water mixture.
- ◇ 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 you mouth. It will not hurt if you swallow a small amount.
- ◇ Most people note a mild burning sensation the first few times they use the solution, this usually goes away after a few days.

THE BENEFITS:

- ◇ When you use this salt water mixture to rinse your nose, it washes crusts and other debris from your nose. Salt 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 it also opens the sinus passages.
- ◇ Studies show that this mixture of concentrated salt water and baking soda helps your nose function better, it also moves mucous out of the nose faster.

FOR YOUNG CHILDREN:

You can put 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 have your child lay down. This is easier to do when sitting or standing.

IF YOU USE A NASAL STEROID SPRAY....

You should always use the salt water mixture first, then use your nasal steroid spray (ex: Nasacort, Flonase, Rhinocort, Nasonex). The steroid works better when it is sprayed onto the nasal membranes that have been cleaned and decongested by the salt water solution as the steroid medicine will reach deeper into the nose and sinuses.

IF YOU HAVE ANY QUESTIONS DO NOT HESITATE TO CALL US AT (573) 659-5570