



Bayside Medical Group, Inc.

www.BaysideFamilyPractice.com

FAMILY PRACTICE
NASAL LAVAGE

Nasal Lavage Instruction Sheet

One of the most effective treatments for sinusitis is nasal lavage, or washing out the nose. Although it sounds very uncomfortable, when done properly it is quite acceptable, and the results are definitely worth it.

Recipe and instructions for homemade solution:

Ingredients:

- Distilled water
- Sea salt, canning salt, or pickling salt (not table salt because it has too many additives)
- Baking soda

Add 2-3 heaping teaspoons salt and 1 teaspoon baking soda to 1 quart of warm water, and mix.

Irrigate nose with above solution, slightly warmed, 2-3 times a day. Use bulb syringe, large medical syringe or Water Pik. Stand over a sink and squirt the solution into the nose in such a fashion that you can spit some of the saline out of your mouth. Aim the stream of solution as though you are trying to squirt the back of your head – not the top of your head.

Ready-made solutions are also available:

You can also buy a ready-made sinus rinse solution and lavage system, such as a “Neti Pot”. These systems come with a pH-buffered nasal saline solution and a system to flush or irrigate your nose with, such as a flushing pot, a spray, etc. Some brands include NeilMed, SinuCleanse, Water Pik, Ayr, and also various store brands. Follow the directions on the package.

Benefits

Sinus lavage cleans mucous, crusts, and other debris from the nasal passages. It also decongests the nose. This high-salt concentration draws fluid out of the nasal membranes, improves nasal air flow and opens the sinus passages. It also improves nasal drainage by helping the little hairs, or cilia, that line the nose to function better.

If you are using a nasal steroid spray, it is best to do the nasal lavage before you squirt in the medicine, because the cleaner surface after the lavage absorbs the medicine better, and the squirt gets in deeper.

We pledge not only to care for you, but to care about you.