

Middle Tennessee Ear, Nose & Throat

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Saline Irrigation Recipe and Instructions

Recipe:
<ul style="list-style-type: none">○ Bottled, distilled or previously boiled tap water○ 2 to 3 heaping teaspoons canning/pickling salt (NOT table salt)○ 1 rounded teaspoon baking soda
Directions:
<ul style="list-style-type: none">○ Fill 1-quart glass jar with sterile water○ Add salt and baking soda○ Stir or shake before each use○ Store at room temperature and discard after one week

Instructions:

Plan to rinse 3 to 4 times each day. You will also need a **Sinus Rinse Bottle** or **Waterpik**.

1) Pour some salt water mixture into a clean bowl. You may warm the salt water mixture in the microwave to body temperature but **not** hot.

2) Fill the bottle with salt water from the bowl. Do not put your used bottle back into the jar, because that will contaminate the mixture.

3) Stand over the sink and squirt the water into each nostril. Aim the stream toward the back of your head, **not** the top of your head. This allows you to spit some of the salt water out of your mouth. It will not hurt you if you swallow a little.

4) You may notice a mild burning feeling the first few times you rinse. This usually subsides in a few days.

For Young Children:

It is best to start with a weaker salt mixture for children. (1 ½ -2 tsp salt). You can put the salt water mixture into a small commercial spray container, like a nasal steroid bottle. Squirt it several times into each nostril. Do not force your child to lie down- the rinse is easier to do while sitting or standing.

If Using a Nasal Steroid:

Always use the salt water mixture *before* using the steroid spray (i.e. Flonase, Nasonex, Nasocort). Nasal steroids are more effective when sprayed onto clean nasal membranes.

Disinfecting Care for Irrigation Bottles:

Each day after using the bottle, it needs to be cleaned in bleach and water solution.

- 1 part bleach to 10 parts water
- Soak bottle for 10 minutes
- Rinse well
- Allow to air dry