



## Allergy & Asthma Center

of Southern Oregon, PC

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## NASAL WASHES

### THE RECIPE FOR HOME SALINE SOLUTION

Mix this solution fresh each night to prevent bacterial contamination.

1 cup of lukewarm water

½ teaspoon of salt

Pinch of baking soda

### UNDERSTANDING NASAL WASH TECHNIQUE

- 1.) Begin by mixing saline solution and standing at a sink with head tilted up and backward with a towel across chest.
- 2.) Use a bulb syringe such as an ear wax syringe filled completely full with the saline solution.
- 3.) Squirt gently the saline through the nose until the syringe is empty. It is important not to squirt too hard, or the procedure becomes uncomfortable.
- 4.) Saline should run all the way through the nose and usually drip backward into the throat and can be spit out of the mouth.
- 5.) This is a relatively messy procedure, and it is expected that some of the saltwater will drip out of the nose. Patients will also have to blow their nose several times after completing the procedure.

### PATIENTS PLEASE REMEMBER SEVERAL KEY THINGS INCLUDING:

- 1.) This is a messy procedure, there is no need to worry about that. (Use a towel around neck and chest).
- 2.) If whitish or yellow mucus comes out, that is fine. That is in fact the whole idea of washing out the nose.
- 3.) When first beginning nasal washes, patients should try these for at least five to seven nights before giving up. We realize that it can be a little unpleasant washing saltwater through the nose. This is in fact a little bit like getting water in the nose while swimming. However, it helps greatly in clearing out mucus and preventing postnasal drainage, and therefore, should be tried for at least a week in order to get the full benefits.
- 4.) The patient should do one or two bulb syringes of saline into each nostril, alternating sides. This should be done nightly, but may also be done twice daily if the patient prefers.
- 5.) During daytime hours, a portable nasal saline spray such as Ocean Nose Spray may also be squirted into the nose 3-5 squirts in each nostril every 1-4 hours as needed to moisturize dry or irritated nasal passages.

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