

ENT Southlake

Saline Irrigations

WATER + SALT + BUFFER for the pH

We usually recommend using the NeilMed Sinus Rinse bottle system. The Navage powered system works well, too. Some patients prefer this but is more expensive and harder to clean.

Water: We officially recommend using boiled or distilled water for safety reasons. There are small but potentially serious risks with using straight tap water. Warm this up in the microwave to lukewarm up to body temperature.

Salt: You can use the provided salt packets (this is much easier, you can buy 100 for about \$10) or you can prepare your own.

Preparing on your own:

- Making per bottle:

½ tsp non-iodized (canning, kosher, not table salt) salt

¼ tsp baking soda (optional but recommended to help with any stinging)

- Making per quart/liter

2-3 tsp non-iodized salt

1 tsp baking soda (optional but recommended)



TIPS:

-Over a sink or in the shower, insert the squeeze bottle into one nostril gently to make a seal.

-Lean a little forward but with the chin up, like you are smelling a flower.

-Aim the bottle upwards and give a gentle squeeze until water runs out the other nostril or out your mouth. You can start just by filling one side and blowing it all out, until you get the hang out it

IF UNCOMFORTABLE:

Make sure the salt solution is correct, the packets are easier

Try a different (usually warmer) temperature

Squeeze more slowly. This is a gentle wash, not a firehose. You can push saline into the eustachian tubes if you go too hard! It's safe, just uncomfortable