



ALASKA FACIAL PLASTIC SURGERY & ENT  
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## INSTRUCTIONS FOR HOME SALINE NASAL IRRIGATIONS

### INGREDIENTS:

- Pickling or canning salt-containing no iodide, anti-caking agents or preservatives (these can be irritating to the nasal lining)
- Baking soda
- 8 ounces (1 cup) of lukewarm distilled or boiled water

### PREPARATION:

- In a clean container, mix 3 teaspoons of iodide-free salt with 1 teaspoon of baking soda (pure bicarbonate) and store in a small airtight container.
- Add 1 teaspoon of the mixture to 8 ounces (1 cup) of lukewarm distilled or boiled water.
- Use fewer dry ingredients to make a weaker solution if burning is experienced.

FOR CHILDREN: use a half-teaspoon with 4 ounces of water.

### NOTE:

- If you cannot find pickling or canning salt, regular household table salt is fine to use.
- You can also use the Neil-Med Neti Pot or Sinus rinse bottle with the packets.
- Making quantities larger than 2 quarts is not recommended as it is best to use fresh solutions to prevent using solutions potentially contaminated with bacteria growth.

### HOW TO USE:

1. Using a soft rubber ear bulb syringe, fill the syringe, bulb irrigator or sinus rinse bottle.
2. Tilt your head downward over a sink (or in the shower) and rotate to the left. Insert the bottle tip into your nose nearly perpendicular to your face. Squeeze approximately 4 ounces of solution gently into the right (top) nostril to allow solution to flow freely while breathing through your mouth or holding your breath. In a few seconds, the solution should come out through your left nostril. A bit may drain into your mouth.
3. Do not sniff or breathe in through your nose otherwise choking may occur.
4. Allow one-half (½) of the solution to irrigate the first nostril or until the flushed drainage is completely clear (no mucus, pus, debris, or crusting).
5. Rotate your head and repeat the process on the left side.
6. DO NOT BLOW YOUR NOSE TO EXPEL THE SOLUTION until the doctor lets you know the area is healed well enough to blow your nose. You can sniff back gently as needed to help the secretions and fluids drain.
7. Rinse the nose two times daily for the first 6 weeks after surgery or until all crusting has subsided.
8. Do not use sinus rinses if your nasal passageway is severely blocked. As with any medical product, be sure to speak to your doctor about using sinus rinses and stop using if you experience pain, nosebleeds, or other problems.

If you have questions or concerns following your surgery, please call our office at **907-671-6017**