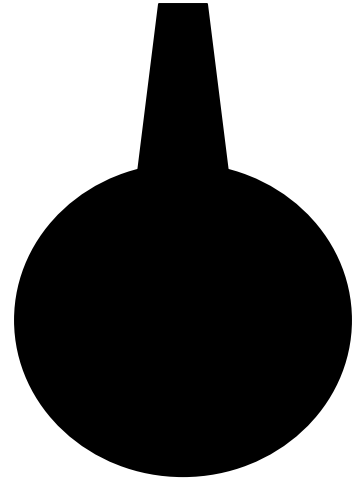


Springfield ENT & Facial Plastic Surgery

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NASAL SALINE IRRIGATION INSTRUCTIONS

Nasal saline (saltwater) irrigation is helpful for a variety of reasons. It is often used after nasal surgery to clear crusting and to promote healing in the nose. The rinsing action from the bulb clears crusts, scabs, and debris from the nose. This saline mixture has a higher salt concentration than the body's tissues such that it draws fluid from the mucous membranes in the nose to act as a decongestant. Over - the - counter nasal sprays have a lower salt concentration and do not offer this *osmotic* decongestant effect. (They are still very useful for rinsing, however.) Both this saline recipe and over - the - counter sprays are helpful with viral colds as well.



**Baby Bulb
Syringe**

Recipe -

- 8 ounces warm water
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- Some people use 1 tsp olive oil for moisturizing (this is optional)

Instructions -

- Gently insert tip of baby bulb syringe into nose
- Compress nostril around syringe to achieve a water - tight seal
- Flush contents of syringe into nose
- The saline typically runs out the throat and other side of the nose. It is usually somewhat messy!
- Perform this 3 - 4 times per day until most nasal crusting has resolved and then reduce to 2 -3 times per day until the nose has healed after surgery
- You may also try the same saline recipe (without olive oil) in a Water - Pik type appliance on the **LOW** setting

Please contact our office if you should have any questions. Again, we appreciate the opportunity to participate in your healthcare!

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