

# BUXA & BERGSTROM

## ENT Center of Excellence

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### *Nasal and Sinus Irrigation*

#### ***Purpose:***

Nasal and sinus irrigations help to remove crusts, dried blood, clots, mucus, etc. from the nose. In addition, these irrigations may also decrease the swelling in the nasal and sinus linings. Occasionally, these irrigations are used on a long-term basis to keep the nose and sinuses clean.

#### ***Hypertonic Saline:***

3 heaping teaspoons of canning/pickling salt  
1-2 heaping teaspoons of baking soda  
1 quart of water (not well water, tap water OK)  
1 bulb-type syringe

#### ***Directions:***

1. Place the tip of the syringe at the nostril and irrigate with the saline mixture. The irrigation should be rigorous, since it cleans the nose by mechanically removing debris, crusts, mucus, etc. The irrigation should be forceful – like washing dirt from a driveway with water from a hose.
2. Irrigate each nostril with 1 cup of the saline mixture 3-4 times per day.
3. After each irrigation, simply wash the syringe with ordinary tap water and mild soap. Let the syringe air dry.
4. When the syringe becomes permanently soiled or if it becomes difficult to use, replace the syringe with a new one.