

INSTRUCTIONS FOR NASAL IRRIGATION

Put 1/4 – 1/2 teaspoon of salt into 8 oz of warm water. You may add a pinch of baking soda if the solution irritates your nose when you put it in. You may need to double the recipe for more extensive irrigation needs.

There are several ways to get the solution into your nose:

1. Pour some into your hand over a sink, and sniff it into your nose. Start easy and then try and increase the intensity of the sniffing up to the point of it flowing into your mouth so you can spit it out. To do one nostril at a time, hold the other nostril closed. Turning the head to the desired side will cause some saline to flow into the sinuses on that side. This method might be the best since it seems to cause the most turbulence and agitation of the mucous to aid in removal.
2. Put 2-4 cups of the solution into a wide bowl and sniff it out of the bowl. When your mouth is full, you can spit it out into the sink.
3. With your head tilted forward, use the solution with an angled nasal irrigator attachment such as the Grossman Nasal Irrigator (available online or from some pharmacies) on a water pik appliance at the lowest setting. Insert the irrigator tip into the nose. Allow the solution to drip out the other nostril or out of your mouth. You may increase the force of the spray as tolerated for best results. This method rivals the ‘out of the hand’ method for effectiveness.
4. Use a Netti Pot or Nariel Cup, which is a cup with a long narrow spout that inserts into your nostril. These are available at Family Foods on County Farm Road and Army Trail Road in Carol Stream. Or you may order one from National Allergy Supply at 800-522-1448. This is the gentlest method, but may be the least effective.

Do this up to 3-4 times a day if you have a cold or sinus infection.

A solution called Alkalol (non-prescription) can be added to the saline solution to enhance the removal of mucous. Use a 1:1 mixture.

You may also try adding either Colloidal Silver (1 tsp. per cup) or 1 tsp. of Aloe gel to make it antibacterial.

Most sinusitis can be managed without antibiotics by using irrigation, decongestant spray and pills, Mucinex (a strong Over the counter mucous thinner), and pain relievers for a week.