



## Saline Rinse Recipe

### Ingredients:

\*Pickling or canning salt-containing no iodine, 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

In a clean container, mix 3 heaping teaspoons of iodine-free salt with 1 rounded teaspoon of baking soda 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 less dry ingredients to make weaker solution if burning or stinging is experienced. For children, use a half-teaspoon with 4 ounces of water.

Using a soft rubber ear bulb syringe, infant nasal bulb or a commercial nasal saline rinse product from your drug store, use the rinse by the following these steps:

- 1.) Draw up saline into the bulb. Tilt your head downward over a sink (or in the shower) and rotate to the left. Squeeze approximately 4 ounces of solution gently into the right (top) nostril. Breathe normally through your mouth. In a few seconds the solution should come out through your left nostril. Rotate your head and repeat the process on the left side.
- 2.) Adjust your head position as needed so the solution does not go down the back of your throat or into your ears.
- 3.) Blow your nose very gently to prevent the solution from going into your ear and causing discomfort.
- 4.) After using the rinse, you may continue using prescribed nasal medications as normal. You may notice that they work better.

\*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.