

Saline Rinse Recipe

INGREDIENTS:

- Pickling or canning salt that contains no iodine, anti-caking agents, or preservatives (as they can be irritating to the nasal lining)
- Baking soda
- Lukewarm distilled or boiled water

1. 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 1 cup (8 ounces) of lukewarm distilled or boiled water. Use less dry ingredients to make a weaker solution, if burning or stinging is experienced. *For children, use 1/2 teaspoon with 4 ounces of water.*
2. Using a soft rubber ear bulb syringe, infant nasal bulb, or commercial nasal saline rinse product (NeilMed) from your drugstore, draw up saline into the bulb or use the rinse bottle. 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.
3. Rotate your head and repeat to process on the left side.
4. Adjust your head position as needed so solution does not go down the back of your throat or into your ears.
5. Blow your nose very gently, to prevent the solution from going into your ear and causing discomfort.
6. After using the rinse, you may continue using prescribed nasal medications as usual (Flonase, azelastine, etc.). You may notice that you get better results when you rinse with saline before using your nasal spray medications.

Do not use sinus rinses if the nasal passage is severely blocked.

As with any medical product, be sure to speak to your doctor about using sinus rinses and stop using the rinses if you experience pain, nosebleeds, or other problems.

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6010 Hidden Valley Rd, Ste 210, Carlsbad, CA 92011
P: 760.827.6400 | F: 760.827.6405 | *Pacific-ENT.com*

Our Providers

Cynthia R. Davis, *M.D., FACS*
Moses D. Salgado, *M.D.*
Hernan Goldsztein, *M.D.*