

## **SALT WATER IRRIGATION**

### POST OPERATIVE INSTRUCTIONS FOR SALT WATER IRRIGATION

**Begin the irrigation 48 hours following nasal or sinus surgery!**

Obtain a soft adult sized ear bulb syringe from your pharmacy. Mix 1 teaspoon of **kosher or sea salt**, 1 teaspoon of **baking soda**, and 1 quart of **warm water**. Draw the solution into the bulb syringe. Another way to irrigate would be with the *NeilMed Sinus Rinse*, which is something you may purchase over the counter at a pharmacy. This would be very easy if you travel or you may like it better than the bulb syringe. You open the mixture packet in the corner and pour its contents into the bottle of distilled water.

~Lean over the sink, gently bend your head forward, you should be looking at the drain. Open your mouth slightly, the solution will run out of your mouth. Instill the solution into one nostril. Repeat this process until both nasal airways have been irrigated with 2 bulbs-full of solution or one full bottle of NeilMed. Perform this irrigation 2-3 times daily until instructed to stop. The drainage may be discolored. After 1-2 weeks the drainage should become clear. Following your surgery you may not be able to irrigate well through your nose, but this is very important to continue. After your post-op visit, you should be able to irrigate better.

### SALT WATER IRRIGATION USING THE WATER-PIK IRRIGATION SYSTEM

Begin the irrigation 48 hours following surgery!

Attach the gross and soft nasal tip into the water-pik tubing. Mix together 1 teaspoon of **kosher or sea salt**, 1 teaspoon of **baking soda**, and 1 quart of **warm water**. Fill the reservoir with the salt solution. Lean over the sink, gently bend your head forward, you should be looking at the drain. Open your mouth slightly, the solution will run out of your mouth. Place the nasal irrigation tip into one nostril. Begin the irrigation with the lowest pressure setting. Repeat this process on the other side. Perform this irrigation 2-3 daily until instructed to stop. The drainage may be discolored. After 1-2 weeks the drainage should become clear.

*\*IF FOR ANY REASON YOU BECOME CONCERNED DO NOT HESITATE TO CALL NURSE*

## **DALLAS ENT GROUP**

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