



*Adult and Pediatric Otolaryngology*  
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## **Nasal Irrigation**

- For post-op nasal/sinus surgery patients, begin irrigation 48 hours after your nasal/sinus procedure.
- It may be difficult to irrigate in the days directly following your procedure, but it is still important to complete the process.
- Drainage may be discolored at first and become clear after 1-2 weeks.
  
- What you'll need:
  - A bulb syringe (accessible at most pharmacies, Walmart, etc)
  - 1 teaspoon of kosher or sea salt
  - 1 teaspoon of baking soda
  - 1 quart of warm water

### **Bulb Syringe Method:**

- Directions:
  - Mix salt, baking soda, and warm water together in a container.
  - Press in on the bulb syringe to deflate.
  - Continue pressing while placing the bulb syringe into the solution.
  - Slowly release the bulb syringe so that the solution will fill the bulb.
  - Lean over a sink, with head bent slightly forward, facing the drain.
  - Open your mouth slightly.
  - Place opening of bulb syringe into one nostril.
  - Press down on bulb syringe at a medium pace to empty solution into nostril.
  - Solution should run out of mouth.
  - Complete process twice per nostril.
  - Repeat 2-3 times per day until instructed to stop.

### **NeilMed Sinus Rinse Kit**

- You may also complete the irrigation process using the NeilMed Sinus Rinse kit, found in stores.
- If you choose NeilMed, you should complete one full bottle, 2-3 times daily until instructed to stop.
- Instructions will be included in the kit.

### **Waterpik Irrigation System**

- You may also complete the irrigation process with the Waterpik Irrigation system, found in stores.
- If you choose the Waterpik, attach the gross and soft nasal tip into the Waterpik tubing.
- Fill the Waterpik reservoir with the salt solution described above.
- See the "Bulb syringe method" for irrigation instructions.
- Begin the irrigation with the lowest pressure setting and increase if necessary.
- Repeat 2-3 times per day until instructed to stop.