

Nasal Irrigations

Nasal irrigations help keep the nose, sinus passages, and throat clear of mucus. They also may prevent sinus infections.

The equipment you need:

- Bulb syringe
- Normal saline solution (see recipe at end of text)
- Plastic dropper.

Put 10 to 20 drops (a generous squirt) or (0.6 to 1.0 ml) of normal saline in each nostril. Use a bulb syringe to suction out the mucus and saline. Repeat the procedure if necessary.

It is important to clean the bulb syringe daily. To clean it, draw hot soapy water into the syringe, shake, and squeeze. Rinse the bulb syringe thoroughly with clear tap water. Store the syringe with the tip down to drain completely.

Recipe for Normal Saline Solution

It is very important to use fresh normal saline because bacteria can grow in saline and bacteria can cause infections.

To make your own saline solution:

Mix 8 ounces of tap water (1 measuring cup) with 1/4 to 1/2 teaspoon of table salt and a pinch of baking soda.

Keep the saline in a bottle or glass for a maximum of 24 hours. Then throw the solution away, wash the container, and make a new solution.