

Nasal Irrigation

* What is nasal irrigation?

Nasal irrigation, or sinus rinse, is a treatment that uses fluid to rinse debris and congestion out of the sinuses. The fluid may or may not contain medication.

* Why would I want to try nasal irrigation?

If you suffer from ongoing nasal drainage and/or seasonal allergies, nasal irrigation may help clear your nose to improve your quality of life. You may find that you breathe more easily, have less nasal symptoms, and experience a better response to nasal spray medications.

* What does a nasal irrigation system look like?

Pictured below are a few examples of different containers that can be used for nasal irrigation. While they vary in appearance, they all serve the same purpose and are used the same way.



* How do I use a nasal irrigation system?

According to the American Academy of Allergy, Asthma, & Immunology, performing a nasal irrigation is very simple:

1. Prepare your nasal irrigation by filling up your chosen container with lukewarm distilled or boiled water to the designated fill line or with the amount recommended by your provider. The usual amount is 8 oz (1 cup).
2. Add your nasal irrigation packet, prescribed medication, or 3 heaping teaspoons of iodine-free salt. ***If using salt, also make sure the salt is free of anti-caking agents and preservatives.
3. Tilt your head downward over a sink (or in the shower). Squeeze or pour about half of the solution gently into the top nostril. Breathe normally through your mouth. In a few seconds, the solution should come out of the bottom nostril.
4. Turn your head and repeat Step 3 on the other side.
5. After rinsing, blow your nose gently to keep the solution from going into your ears.

THINGS TO REMEMBER ABOUT NASAL IRRIGATION

-Adjust the position of your head to prevent the solution from going down the back of your throat or into your ears.

-STOP using if you experience pain, nosebleeds, or other problems.

Reference

American Academy of Allergy, Asthma, & Immunology. Saline sinus rinse recipe. <https://www.aaaai.org/conditions-and-treatments/library/allergy-library/saline-sinus-rinse-recipe>. Accessed June 29, 2016.