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Nasal Saline Wash/Irrigation Using a Sinus Rinse Kit

Why should you do a nasal wash?

A saline nasal wash or nasal irrigation can help reduce symptoms associated with allergies, sinusitis, and asthma. Nasal washing removes mucus from the nose so medication can be more effective. Rinsing decreases allergens and irritants from the nose and it can even decrease swelling in the nose. The regular use of nasal saline irrigation can also diminish nasal drainage.

The NeilMed Sinus Rinse Kit or the Ayr Sinus Rinse Kit are two readily available kits. They can be purchased, without a prescription, at most pharmacies. When using these sinus rinse kits, prepared mixture packets come with the kit or you can make your own saline solution.

Preparing to do a Nasal Wash - Using the Prepared Packets

1. Fill up the clean bottle with 8oz. (NeilMed) or 6oz. (Ayr) of warm water.
2. Pour the contents of the mixture packet into the bottle of warm water.
3. Secure the cap with the tube onto the bottle.
4. Shake the bottle to dissolve the mixture.

Preparing to do a Nasal Wash - Making the Nasal Saline Solution

1. Make the saline solution fresh for every nasal wash using a clean glass. To make the saltwater solution, mix 1-teaspoon sea salt and 1/2-teaspoon or a pinch of baking soda with 8oz. warm water.
2. Pour 8oz. of the saltwater solution into the NeilMed bottle or 6oz. into the Ayr bottle (you will have 2oz. left).
3. Secure the cap with the tube onto the bottle.

What is the Correct Nasal Wash Technique Using the Sinus Rinse?

1. Lean far over the sink with your head down.
2. Apply the cap of the bottle snugly against the nasal passage and squeeze the bottle gently until the solution drains from the opposite nasal passage.
3. Squeeze two or three times in each nostril. This will take approximately 2-4oz. of the salt water irrigating the nasal passage.
4. Gently blow the nose. Do not block the nasal passage completely while blowing to avoid pressure on the eardrum.
5. Repeat the procedure on the other side.
6. If you have a salty taste in your mouth, you may want to rinse your mouth with fresh water after the nasal wash.
7. Once you have finished, discard any unused solution. Make a fresh solution for each rinse.
8. Rinse the bottle, cap, and tubing with fresh water. Allow the pieces to dry on clean towel.
9. If there is some contamination, clean the bottle with rubbing alcohol or white distilled vinegar (1 part vinegar to 3 parts water). Rinse again as described in Step 8 above.