



923 Eliza Street
Green Bay, WI 54301
Phone: 920-965-4800 Fax 920-965-4801

NORMAL SALINE IRRIGATION RECIPE AND INSTRUCTIONS

Supplies:

3oz bulb syringe

Salt (DO NOT use salt that contains additive including dextrose (sugar), iodine, or preservatives). Recommend canning or pickling salt. You may also use “sea salt” but verify ingredients!

“Arm & Hammer” brand baking soda

Distilled water or tap water

Recipe: Nasal Saline Solutions (Mix all ingredients together)

1. 1 quart (4 cups) warm water (distilled is preferred)
2. 2-3 heaping teaspoons salt (see instructions above)
3. 1 teaspoon “Arm & Hammer” baking soda (pure bicarbonate)

Instructions: Nasal Irrigation

Irrigate your nose at least 2-3 times per day; “The more the better.” Use a 3oz bulb syringe and warm saline solution. Squeeze the bulb syringe to fill with saline (salt-water) solution. Stand over a sink and squirt the salt water into your nose in such a way that you are able to spit some of the salt water out of your mouth. This suggests that you are doing an adequate job of irrigating the entire nose. Aim the stream of salt water as though you are trying to squirt the back of your head, NOT the top of your head. It is okay to breathe the salt water directly into your nose.

“Warm” salt water is preferred, as it is much more comfortable than cool water. The amount of salt added will depend on your tolerance. However, the more salt that is added the greater the decongestant effect. The baking soda is a buffer and will allow the salt water to be less irritating.

The benefits of nasal irrigation are three-fold:

1. It is a solvent. It cleans mucous, crusts and other debris from the nasal passage.
2. It decongests the nose. Because of the high salt concentration, fluid is pulled out of the nasal membranes, which will improve nasal airflow and open sinus passages.

3. It improves nasal drainage. Studies have shown that saltwater cleaning of the nasal membranes improves ciliary beating so that normal mucus is transported better from the sinuses through the nose and into the throat.

If you are using a prescription nasal steroid, you should always cleanse the nose first with the saltwater before using the nasal steroid. The medication is most effective when sprayed onto clean nasal membrane. It reaches deeper into the nose after cleansing and decongesting.