

## NASAL SALINE IRRIGATION

Saltwater washes (saline irrigation) help keep the nasal passages open by washing out thick or dried mucus; they can also help improve the function of cilia that help clear the sinuses. This can help prevent the spread of infection to the other sinuses and reduce postnasal drip. It also can make the nose feel more comfortable by keeping the mucous membranes moist.

You can buy saline nose drops (such as Ocean or Salinex) at a pharmacy, or you can make your own saline solution by mixing 1 tsp (5g) of table salt in 1 pint (473.2 ml) of water and adding a pinch of baking soda. Your health professional may recommend a different strength of salt, baking soda, and water. Use the saline solution at body temperature. To apply homemade saline solution:

- Fill a bulb syringe with the saline solution, insert the tip into your nostril, and squeeze gently.
- Or, pour some saline solution into the palm of your hand and sniff it into your nose, one nostril at a time.
- The saline wash should go through the nose and out the mouth.
- Blow your nose gently after the saline wash.
- Repeat several times every day. Consider using this before you try other nasal medications.