

Sinus Rinses

Your doctor has recommended sinus rinses. This all natural remedy is useful for many type of nasal problems including allergies, chronic sinusitis, nasal congestion, etc. For most patients, a daily rinse helps improve many sinus problems by removing dust, pollen and other allergens from your nose and sinuses. There are different brands, but many of patients like the "Sinus Rinse" kit made by NeilMed which is available at Walgreens, CVS, Target, Wal-Mart, Amazon, etc.

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The low pressure rinse created by the sinus rinse kits seem to work better than a Neti Pot (which is gravity fed only). A pediatric size kit is available for children.

- Fill the bottle to the dotted line w/ distilled or filtered water. Microwave it till it is **bath water temperature**
- Add one salt packet into bottle and replace the cap
- With finger over the hole on top, shake vigorously.
- **LEAN FORWARD** so your nose points toward the ground
- Put the bottle to the right nostril and gently squeeze as you exhale. Salt water will go up the right side and down and out on the left.
- Repeat on other side.
 - If you feel like it is going down your throat, make sure you are leaning forward, and exhaling gently as you squeeze. Say "ka ka ka" to clean off the soft palate as your squeeze the bottle.

In addition, NeilMed has put out some excellent videos on YouTube that show proper technique. Search on www.YouTube.com for "Sinus Rinse" and look for NeilMed Sinus Rinse Video.

Watch the video above, but the two most important things to remember while using your sinus rinse kit are: **Lean forward & use body temperature water!**

After completing the rinse, blow your nose gently. You can perform this 1-2 times/day.

If you want to mix your own sinus rinse solution use the following recipe:

- 3 teaspoons of pickling or kosher salt (Don't use iodized table salt, it will burn the nose) + 1 teaspoon of baking soda mixed into 1 quart of distilled (or boiled and cooled) water.

After blowing your nose after the rinse, if applicable, use your nose spray (i.e. Flonase, Nasocort, fluticasone, azelastine, etc) as prescribed. TIP: Point the bottle towards your ear on the same side of the nose. This will be it away from the septum in the center of the nose, which can keep it from getting dried out.

Clean and sterilize your bottle at least once every few weeks, more often if you have been sick: Wash in warm soapy water, rinse well, put on the cap and microwave the bottle for 90 seconds (Warning! The bottle will be very hot!). Replace the bottle every 3-6 months.