Your Guide to
Nasal Saline Rinsing

Why it helps & your device options

Nasal rinsing is a safe and effective way to help keep your nose and sinuses clean and healthy. It helps prevent infections and reduces inflammation.

Nasal rinsing device options are **squeeze bottles, rinsing bottles, or a neti pot**. The choice is up to your personal preference. To prepare your saline solution, you can either use prefilled nasal salt sachets, premade saline solutions, or make your own at home.

Make your own saline rinse

Weigh the salt

Normal saline solution

Take 9 grams of non-iodised table salt and add it to 1 liter of lukewarm water.

OR Use a level coffee spoon (= 2-3 grams) of salt for 250mL lukewarm water.

Gentle saline solution (in case of discomfort)

If you experience any discomfort with traditional saline solution, you can mix 6 grams of non-iodised table salt with 3 grams of baking soda (sodium bicarbonate) to make 1 liter of a more gentle rinsing solution.

Dissolve by stirring

Stir to dissolve the salt. The solution should feel just warm to the touch or reach body temperature.

Pour into nasal rinsing device

Pour the solution into your nasal rinsing device. You can store the remainder of your self-made solution in a clear container in the fridge for later use, but throw it out after 24 hours to avoid contamination. Make sure to heat the solution to a lukewarm temperature prior to use.

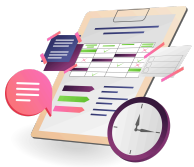
It is important to use **clean water.** In some countries, it is safe to use tap water. However, always follow your healthcare provider's instructions and, in case of doubt, use commercially bottled still water, distilled water, or previously boiled and cooled down tap water to prepare the saline solution.

How to use a nasal saline rinse

1. Stand over the sink and tilt your head at a 45-90 degree angle.
2. Place the spout of your rinsing device at the upper nostril.
3. Pour half of the saline solution into your nose. The solution will flow through one nostril and exit the other. If you have a blockage, it's normal for the water to flow out of the same nostril. You can gently apply pressure if you're using a squeeze bottle.

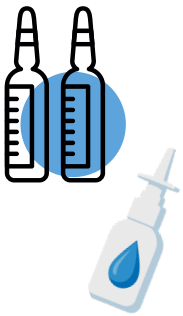
   Try making a long “k” sound while rinsing. This helps prevent the solution from flowing into your throat.

4. After rinsing one side, blow your nose lightly and repeat on the other nostril with the remaining solution.



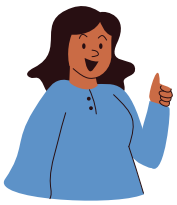
How often should you rinse?

Use your nasal rinse twice a day when you have symptoms. It’s safe to use every day, and some people also use it to help prevent infections or wash away allergens. It’s a great way to keep your nose clean. After an operation, you may need to do it up to 4 times a day. Keep doing this as long as mucus or blood is coming out of your nose.



Using nasal medication too

If you also use a nasal spray, always rinse first so you don’t wash the medicine away. If your healthcare provider told you to add medicine to the nasal rinse, mix it directly into the prepared solution in your rinsing device and gently mix the solution before use.



Caring for your rinsing device

It's important to clean your rinsing device after each use under hot running water and let it airdry. It’s best to follow the manufacturer’s instructions on how to clean the device. Some devices can be disinfected in a microwave, in an electrical sterilizer or in boiling water.

Watch the instruction videos:

Want to see how it’s done? Scan the QR code for helpful instruction videos

www.euforea.org/patient-portal/crs-treatment/

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