



MARIN ENT

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Otolaryngology Head and Neck Surgery
1000 South Eliseo Dr., Suite 103, Greenbrae, CA
94904
Tel (415) 461-9770 Fax (415) 461-6744

NASAL SALINE IRRIGATION

After boiling water, allow it to cool down to body temperature. Boiling will sterilize the water. Remember **do not** put boiling water in your nose.

Take 8 oz. (1 cup) of the sterilized water and add 1/4 tsp. salt and 1/8 tsp. baking soda. Mix this together and draw it up in a bulb syringe or water pik. It is not necessary to use all 8 oz., but this is the right proportion of each ingredient.

In the shower, irrigate your nose. Hold your breath so that the saline water does not trickle down your throat.

Check with your doctor about when you should start your irrigations and how frequently you should do it.