

NASAL TOPICAL SALTWATER MEDIATION DELIVERY AND WASH TREATMENT

People with nasal issues and especially after sinus surgery have drainage from their nose known as Postnasal drip. With the degree of particulate matter in the air, pollution (especially in the Urban Environment), casual human contact, and the nose functions as a filter and needs to be cleaned. A saltwater nasal wash or nasal irrigation is a good hygiene measure to help keep you and your nose healthy.

BENEFITS OF NASAL IRRIGATION INCLUDE

- ▶ Cleans mucus from the nose so medication can be more effective.
- ▶ Cleans allergens and irritants from the nose.
- ▶ Decreases swelling in the nose.

Use a sinus rinse kit **NeilMed**[®]: The sinus rinse kit comes with a sinus rinse bottle, nozzle, and mixture packets. When using the sinus rinse kit, you can use the prepared mixture packets that come with the kit, or you can make your own nasal wash solution. The bottle is filled with saltwater and placed against the nostril. After the bottle is squeezed, saltwater comes out of the opposite nostril and may come out of the mouth. The nose is then blown lightly. Repeat the procedure with the other nostril. You do not have to use an entire bottle each treatment. Use until you feel clean, gently blowing your nose and sucking back and spitting out. You can let the bottle sit with salt water until the next treatment.

TO AVOID ANY EAR DISCOMFORT

- ▶ Do not squeeze too forcefully as it may cause the water to go up the Eustachian Tube into the middle ear causing a clogged sensation.
- ▶ Do not use if you have an ear infection, blocked ears or recent ear surgery.
- ▶ Use room temperature or lukewarm water (**do not** use hot, boiling or cold water).
- ▶ Keep your mouth open.
- ▶ Do not hold your breath and if possible, make the sound KHA... KHA...
- ▶ Gently squeeze **1/4** of the bottle at a time (**60mL / 2 ounces**).
- ▶ Stop the rinse if you feel any solution sensation in your ears.

CAUTION: Rinsing your nasal passages with only plain water will result in a severe burning sensation. Please rinse with clean-bottled or filtered water (Tap water contains contaminants).

- ▶ How often do you clean the nasal wash equipment?
 - ▶ Once a week! You must thoroughly clean the equipment used for a nasal wash to prevent the growth of bacteria. Nasal equipment is to not be shared. Rinse the cap, tube, and bottle using running water. Fill the bottle with clean water and add a few drops of dishwashing liquid or baby shampoo. Attach the cap and tube to the bottle; hold your finger over the opening in the cap and shake the bottle vigorously. Rinse the soap from the bottle, cap, and tube thoroughly.
- ▶ Microwave Disinfection: Recommended Weekly. Clean the device as directed above and shake out the excess water. Separate the bottle, cap and tube. Place in the microwave for **1.5 to 2** minutes. Let the bottle, cap, and tube cool for **5** minutes as the plastic will be hot. This achieves disinfection.