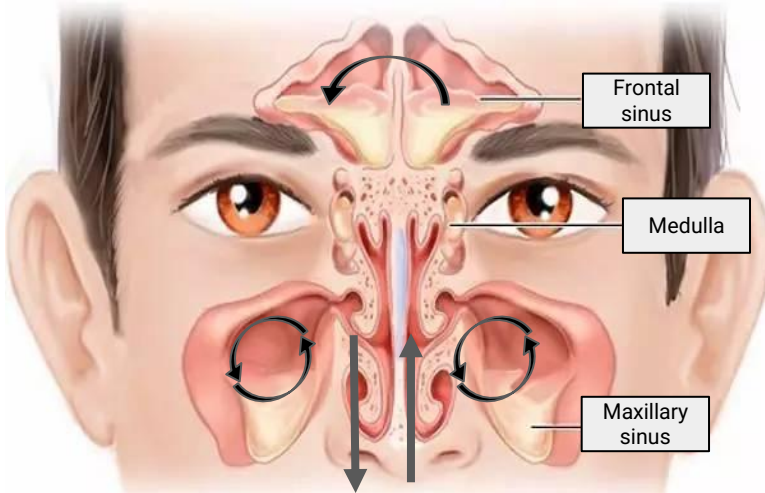


How to Perform a Nasal Rinse

Why nasal irrigation?

Nasal rinsing (Nasal irrigation) helps reduce the frequency and severity of sinus infections and the symptoms associated with inflammation of the nose due to allergies or other causes. Nasal irrigation thins and removes mucus that causes inflammation, and flushes out nasal irritants and bacteria from the nose and sinus cavities. It is recommended for patients after sinus surgery to promote healing. Other forms of treatments include topical nasal steroid medications that come in the form of sprays, powder, or liquid.



How to make saline solution

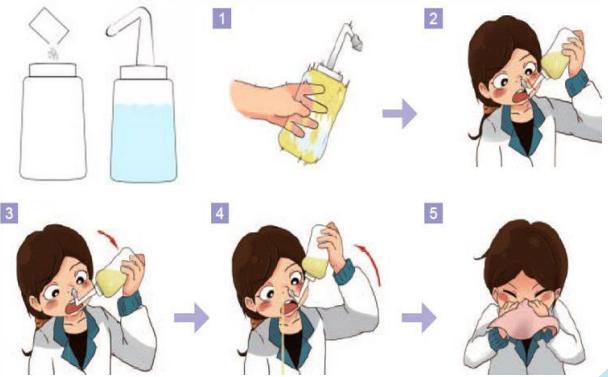


8 oz of warm distilled water or boiled water

1 teaspoon of non-iodized salt

How to perform nasal irrigation

1. Wash hands with soap for at least 20 seconds.
2. Fill a squeeze bottle with warm saline or boiled water or mix 8 oz of warm distilled or boiled water with one teaspoon of non-iodized salt.
3. Mix well and make sure salt particles are completely dissolved.
4. Lean over a sink or in the shower.
5. Tilt your head 45 degrees to the left or right.
6. Keep your mouth open for breathing; squeeze the bottle to deliver the irrigation into one nostril and let it flow out of the other nostril.
7. Repeat for the other nostril.



What to expect

- ❖ A sense of freshness and cleanliness in the nose after rinse
- ❖ Common adverse effects: mild nasal irritation, ear pressure, minor nose bleeding

Please consult with your physician for more information about nasal irrigation.



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