



## Patient Teaching Guide

### **Nasal Irrigations**

1. Purchase an "ear syringe" (small rubber bulb syringe) from the drugstore.
2. Mix Solution:  
Normal Saline:  
1 teaspoon salt.  
1 quart water (boiled). Store in clean bottle.
3. Squeeze bulb in syringe to withdraw solution.
4. Leaning over a sink, insert tip of syringe into nostril.
5. Gently squeeze bulb to irrigate nose. Allow solution to drain.
6. Repeat the irrigation with second syringe.

**Note:** the normal saline solution can be placed in a nasal spray bottle for moisturizing the nasal mucosa.

### **Optional Irrigations Using Water Pik**

1. Mix solution as above.
2. Set irrigator to lowest pressure setting.
3. Insert irrigator tip into the nose or oral cavity.
4. Leaning over the sink, irrigate nose or sinus through oral cavity defect. Keep your mouth open as some solution will out through the mouth.
5. Repeat the irrigation.

