

NORMAL SALINE NASAL DOUCHING

This is a helpful, non-drug treatment for:

- Sinusitis
- Allergy/Hayfever
- Post nasal drip
- Nasal Obstruction
- Nasal Crusting
- Epistaxis (nose bleeds)

The treatment involves rinsing the back of the nose with saline to remove both wet and dry mucus.

This improves air flow and helps the lining of the nose become healthier.

A commercial product known as “Sinus Rinse” is available at pharmacies and costs around \$35.

This pack comes with sachets of salt solution mix and a squeezable plastic bottle with specially designed nozzle.

Alternatively, you can follow these instructions at home:

NORMAL SALINE SOLUTION:

1 teaspoon of salt

½ teaspoon of baking soda

Dissolved in 500 – 600 mls warm water

METHODS:

The saline solution should be applied **THREE TIMES DAILY** via:

1. Suitable plastic squeezy bottle with nozzle
2. Old prescription nasal spray bottle. Use 15 – 20 sprays into each nostril three times a day
3. Syringe (20 mls size is best), or
4. Sniffed from a cupped hand

Aim to get the saline right to the back of the nose so that it runs down into the throat, and then spit it out.