



FamilyMedicalDoctors
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SALINE SINUS RINSE / LAVAGE



-The saline rinse and lavage are useful tools in controlling many symptoms related to the common cold and seasonal allergies including sinus congestion, sinus headaches, facial pain and most importantly post-nasal drip which eventually can lead to cough and chest congestion.

-To use, fill either rinse bottle on left or lavage pot on right with distilled or purified water at room temperature (some prefer lukewarm), pour premixed salt and baking soda mixture from packet into bottle and mix to make saline solution. Either in the shower or over the sink, lean forward and hold your breath while inserting top into nostril and squeezing tightly (tilt head to side while using lavage pot) to allow saline to thoroughly wash your sinuses and spill out the opposite nostril. We usually recommend 2 seconds at a time. Once complete, remove bottle from nostril and blow your nose thoroughly. Repeat for the opposite nostril.

-You can repeat the saline rinse/lavage of your sinuses several times a day if needed but typically once or twice a day (morning and 1 hour before bed) should be enough to keep symptoms controlled.

-If using nasal steroids (Flonase, Nasonex or Nasacort), you should use these medications immediately following the saline rinse