

Dr. Perry's Nasal Irrigation Instructions

PATIENT INSTRUCTIONS

The purpose of nasal and sinus irrigations is to help remove crusting, blood clots and mucus from the nasal and sinus cavities. After surgery, irrigations are essential to the healing process. During an infection or after surgery, the nasal and sinus lining is temporarily irritated and has difficulty clearing this debris compared to a healthy nose. Furthermore, these irrigations may help to decrease the swelling in the nasal and sinus linings. In some instances, these irrigations may be necessary on a long-term basis to help keep the nose and sinuses clean and healthy.

Begin your nasal irrigation the day after surgery unless informed otherwise. Irrigate every two hours while awake for the first three to four days. After that, irrigations can be done every four hours while awake until your post-operative appointment. At that appointment, you will be given additional instructions regarding the frequency of continued irrigations.

We recommend using a NeilMed Sinus Rinse™ kit for the irrigations. You can purchase this kit at most pharmacies and grocery stores.

1. Fill the bottle to the line using distilled water or boiled water that has cooled to room temperature. Do not use tap water.
2. Add a sinus rinse packet to the bottle. Shake gently to dissolve the mixture.
3. Stand over a sink or in the shower. Keeping your mouth open, put the cap in your nasal passage and slowly but firmly squeeze the bottle.
4. Repeat the process in the opposite nostril. Use half of the solution in each nostril. After each irrigation, wash the bottle with warm, soapy water.



Go to www.neilmed.com for a video demonstration.

You can also make your own sinus rinse at home by using the following saltwater solution recipe:

1 teaspoon salt

2 cups warm distilled or boiled tap water