

Dr. Perry's Nasal Irrigation Instructions

Do not underestimate the importance of these nasal irrigations. Nasal irrigations are a critical part of your after care.

The day after surgery: Start out by irrigating your nasal passages every two hours while awake.

The following 12 weeks post surgery: Continue irrigations every day, at least three to four times a day, for a minimum of 12 weeks; the more frequently, the better.

1. Make a saltwater solution (see recipe).
Make a solution fresh for each session using a clean container.
2. Fill bulb syringe by squeezing bulb (may also use commercial nasal irrigating system as directed). Place tip of syringe into solution, release bulb and allow solution to fill bulb.
3. Place your face over the bowl of the sink and insert bulb syringe into the nostril, rotating bulb so the tip is pointing toward the eye.
4. Lift the bulb syringe so it is parallel to the roof of your mouth. (Keep in mind your sinuses are parallel to the ground, not up and down.) Squeeze the bulb slowly but firmly to irrigate the sinuses. Repeat for other nostril. Use half solution for each nostril.



Salt Water Solution Recipe

1 teaspoon salt

2 cups warm distilled water or boiled tap water