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Nasal Care

Patient Information

This leaflet was written by ENT staff and has been reviewed
by other staff and patient's throughout Secondary Care

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Secondary Care

The aim of this leaflet is to give you some information about how to rinse your nose.

What you will need:

- 1 pint of water
- 1 heaped teaspoon of salt
- ½ teaspoon of bicarbonate of soda
- 20ml syringe
- Tissues

How to make up the mixture:

- Mix water, salt and bicarbonate of soda in a container
- Store at room temperature
- Do not use the mixture after one week

How to use the rinse:

- Fill the syringe from the container
- Stand over a sink or in the shower
- Keep your head straight
- Put the nozzle of the syringe in your nose
- Try to aim the nozzle towards the back of your head

- Squirt one syringe full of the mixture into each nostril
- The mixture should come into your mouth – spit this out
- If you swallow this mixture it will do you no harm
- Blow your nose gently
- Rinse out your nose in this way two or three times a day

Please note:

The mixture may cause some slight burning, but this should stop in a day or two.

The benefits:

When you rinse your nose with the salt water and bicarbonate of soda mixture, it washes crusts and mucus from your nose.

Salty water pulls fluid out of swollen linings of your nose, letting you breathe more easily and opening up the sinus passages.

It also helps your nose work better and clear mucus more quickly.