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Catalina Ear Nose and Throat PC  
**Sinus and Nasal Irrigations**

### **The Benefits**

When you rinse your nose with this salt water and baking soda mixture, it washes crusts and other debris from your nose. Salty water pulls fluid out of the swollen membranes of your nose. This decongests the nose and improves airflow. Not only does this make breathing easier, it helps open the sinus passages. Studies show that this mixture of concentrated salt water and baking soda (bicarbonate) helps the nose work better and moves mucus out of the nose faster.

### **The Recipe**

- Carefully clean and rinse a 1 quart glass jar. Fill the clean jar with tap water or bottled water. You do not have to boil the water.
- Add 2-3 heaping teaspoons of kosher or pickling/canning salt. Do not use table salt, which has unwanted additives. Generally speaking, the more salt the better. Put as much in as tolerated. As time goes on, more concentrated solutions may be tolerated.
- Add one rounded teaspoon of baking soda (pure bicarbonate).
- Stir or shake before each use. Store at room temperature. After one week, pour out any mixture that is left over and make a new recipe.
- If the mixture seems too strong, use less salt (try 1 1/2 to 2 tsps). For children, it is best to start with a weaker saltwater mixture. Gradually increase to using 2-3 heaping teaspoons of salt, or whatever the child will accept.

### **Instructions**

Plan to rinse the nose with the saltwater mixture 3 to 4 times each day. You will need either a bulb/ear syringe, a large medical syringe (30 cc), or a Water pick. You may need to cut the tip off the bulb syringe. A Grosson irrigation tip for a water pick is effective and good for chronic use. These can be ordered online. Contact the office if you need assistance.

- Pour about 1 cup of the saltwater mixture into a clean bowl. Many people like to warm the salt water in a microwave oven to about body temperature (98 degrees). Be sure the salt water is not hot.
- Fill the syringe with salt water from the bowl. Do not put your used syringe back into the jar because that will contaminate the remainder of your mixture.
- Stand over the sink or in the shower and squirt the salt water into each side of your nose. Aim the stream toward the back of your head, not the top of your head. This lets you spit some of the salt water out of your mouth. It will not hurt if you swallow a little.
- Most people notice a mild burning feeling the first few times they use the salt water mixture. This usually goes away in a few days. Please call our office if you have any problems or questions.

### **For Young Children**

You can put the salt water into a small commercial spray container, like a nasal steroid spray bottle or a decongestant spray bottle. Squirt it many times into each side of the nose. Do not force your child to lie down. This rinse is easier to do when sitting or standing.

### **If You Use a Nasal Steroid**

You should always use the salt water mixture before using your nasal steroid spray (Flonase, Vancenase, Beconase, Nasocort). The steroid works better when it is sprayed onto nasal membranes that have been cleaned and decongested by the salt water. Then the steroid medicine will reach deeper into the nose and sinuses.