



NASAL AND SINUS WASHOUTS

Recipe for Salt solution

1-2 level teaspoons non-iodised salt (1 tsp for 1st week, 2 thereafter as long as no burning)
1 teaspoon bicarbonate of soda 500 ml boiled water, allowed to cool until lukewarm

Technique

Applies to 'Flo' nasal washout bottle which is the recommended type, can be adapted to any soft squeeze bottle fitted with a nozzle (eg an empty and thoroughly cleaned tomato ketchup bottle, with the nozzle trimmed to fit into the nostril comfortably).

- Standing next to a basin, bend as far forward as is comfortable and tilt your head down.
- Whilst breathing through your mouth, insert the cap firmly into one nostril, squeeze the bottle steadily and gently until the solution drains from the opposite nostril or from the mouth.

Try not to swallow the solution (no harmful effects if swallowed).

NOTE: Whenever the soft squeeze bottle needs to 'breathe' i.e fill with air, remove it from the nose before you release your hand pressure. This prevent 'suck back' and helps to keep the remaining solution clean.

- Repeat until about half of the solution has been inserted into the one nostril. There is a 100ml half fill line indicated on the bottle for your reference.
- Repeat the procedure on the other nostril.
- Gently blow your nose to clear any remaining fluid and mucus.
- Earache – may be experienced if applying too much pressure when squeezing the bottle. If this occurs, try to apply less pressure. If earache persists, contact your doctor.

Cleaning

- Post Operative use – clean after each use to ensure all components remain clean.
- All other uses – clean as often as required or when the components become dirty or contaminated. If cleaning is not necessary, always air dry components on a clean paper towel after use.
- Soaking in boiling water – separate the components and place in a hard plastic or ceramic bowl. Pour boiling water into the bottle and over the cap and tube and allow all to soak for at least 10 minutes. Once cool, lay components out to dry on a clean paper towel.

Storage of unused solution

Solution can be stored in a covered container (not in the fridge) for 1 week, and then must be discarded. All unused solution in the squeeze bottle should be discarded after each treatment.