

NS (NORMAL SALINE) SINUS WASH

BUY A [BULB SYRINGE](#) (SEE SAMPLE PICTURE) OR [NETI POT](#) AT A PHARMACY OR MEDICAL SUPPLY STORE. FILL WITH NORMAL SALINE. PLACE HEAD OVER SINK. PLACE THE TIP OF THE BULB SYRINGE INTO NOSTRIL, IRRIGATING GENEROUSLY, APPROXIMATELY FIVE TIMES. REPEAT THIS PROCESS IN THE OTHER NOSTRIL IN THE MORNING AND AT NIGHT. USE IT UNTIL YOU HAVE IMPROVED, AND USE AS LONG AS YOU NEED TO. IF A NASAL SPRAY, SUCH AS NASONEX, HAS BEEN PRESCRIBED AS WELL, USE THE NASAL SPRAY AFTER THE MORNING WASH APPROXIMATELY 30 MINUTES AFTER COMPLETING THE WASH. THE BULB SYRINGE CAN BE PURCHASED AT ANY SURGICAL SUPPLY STORE (E.G. CHARLES PFIEFER 1753 VICTORY BLVD. 10314 (718-447-6629), OR DRUG STORE SUCH AS CVS OR WALGREENS. IF YOU CAN NOT FIND THE BULB SYRINGE, YOU CAN PURCHASE A “NETI POT” AND USE AS DIRECTED ON THE PACKAGE.

If you choose to MAKE Nasal Saline, the Formula is as follows:

1. Boil one liter of water.
2. Dissolve ONE TABLESPOON of sea salt or kosher salt.
3. Allow the mixture to cool down, and store it in a clean container.

OPTIONAL: IF YOU FEEL THE SALINE SOLUTION IS TOO STRONG, YOU CAN ADD ½ TABLESPOON OF BAKING SODA TO THE SOLUTION.



NETI POT

If you were also given two different nasal sprays to use in conjunction with the wash, one of the sprays is usually to be used twice daily, recommended morning and night, 30 minutes after using the saline wash. We then recommend using the once daily spray around noontime.

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