



Nasal Saline Irrigation

POST-OPERATIVE INSTRUCTIONS

INTRODUCTION

Please read and familiarize yourself with these instructions. By following them carefully, you will assist in obtaining the best possible result from your surgery. Please do not hesitate to ask any questions that should arise.

MATERIALS NEEDED

NeilMed Nasal Irrigation Bottle

Distilled Water

NeilMed Salt Packets

INSTRUCTIONS

- Open a salt packet into the bottle and fill bottle with distilled water (or boil water for 10 minutes and let cool to lukewarm).
- Shake bottle. Stand over the sink and place the black nozzle right against one of the nostrils. Squeeze the bottle to irrigate. If the water makes you cough or choke, squeeze less hard for the remainder of the irrigation.
- Use half the bottle for each nostril, completely emptying the bottle with each use.
- Clean the black nozzle with soapy water and rinse.
- Once every week or two, put the bottle in the dishwasher to sanitize.
- Irrigations can be performed once or twice a day to remove allergens from the nasal lining or to treat dryness, nasal congestion or crusting in the nose.
- After nasal or sinus surgery, your physician may instruct you to perform these irrigations even more often.