



Greenville Ear, Nose & Throat

Instructions for Nasal Saline Rinse

In addition to the 5 steps below given by Andrew Rampey, MD, please follow the manufacturer's instructions.

1. Irrigate your nose once or twice (or even more) a day as needed, based on your symptoms.
2. Mix the saline solution in a bottle (pre-made saline packets are recommended, but you can mix your own by adding $\frac{1}{4}$ tsp. baking soda and $\frac{1}{2}$ tsp. non-iodized salt to an 8 oz. sinucleanse bottle). The water should be lukewarm or body temperature. Do NOT irrigate with water alone—it will be irritating and can increase nasal congestion.
3. Lean over the sink and tip your head to one side (at least 30 degrees). Place the bottle in your upper nostril.

4. **IMPORTANT:** Breathe in and out through your mouth while rinsing. Although it seems “wrong” to breathe while rinsing your nose, please do so by taking short, shallow breaths through your mouth. Why breathe through your mouth? When you breathe through your mouth, your soft palate closes, which separates your nose and nasopharynx from your throat.

5. Repeat as needed.

Note: If you blow your nose hard after rinsing, your ears may pop. That's because the rinse sometimes causes the tubes that connect to your ears to open. If you blow your nose lightly, you should avoid this problem.

Please call our office if you have questions about this information:

- Patewood (864) 454-4368
- Greer (864) 797-9400