



Finn R. Amble, MD, FACS, SC
Eastland Medical Plaza I
1505 Eastland Drive, Suite 220
Bloomington, IL 61701
Phone: 309-585-0370 • Fax: 309-663-2956

IRRIGATING THE NOSE WITH SALINE

You have been asked to irrigate your nose. You irrigate an area by putting solution into it. This helps to clean it and remove drainage and crusting. Cleanliness is important. Always wash your hands before gathering your supplies and preparing the solution.

Irrigate your nose _____ times a day for _____.

Step 1:

Gather supplies

- 3 oz. bulb syringe
- Salt
- Measuring cup
- Warm water

Step 2:

Prepare 2 cups of solution

- Put $\frac{1}{4}$ teaspoon of salt in a measuring cup. Add warm water to equal 2 cups. PLEASE NOTE: Warm solution may increase blood flow. This will aid in healing.

Step 3:

Irrigate the area

- Fill the syringe with solution as directed.
- Lean over the sink with your head down. Keep your mouth open while you irrigate.
- Put the tip of the syringe into your nostril. Gently squeeze. The solution will flow in and back out of your nose and/or mouth. Swallowing some solution is not harmful.
- Use $\frac{1}{2}$ of the solution in each nostril.

Step 4:

Clean the syringe with warm, soapy water

- Rinse thoroughly and dry.
- Reassemble supplies for the next irrigation.

If you have any questions, do not hesitate to call your doctor.