

ENT OUTPATIENT

SALINE NASAL IRRIGATION (DOUCHING)

AIMS

1. To wash mucus and crusts out of the nose
2. This salt solution is slightly stronger than that in the tissue lining the nasal cavity and so draws liquid out of them and decongests the nose
3. The bicarbonate of soda makes the solution alkaline which helps the nose to fight infection

RECIPE

In a clean 2 pint container mix together:

3 heaped teaspoons of salt

1 teaspoon of bicarbonate of soda

2 pints of bottled water or boiled water which has been left to cool

INSTRUCTIONS

Plan to irrigate the nose with the saline solution 2 or 3 times a day

1. Mix the solution as directed making this fresh daily
2. Draw up into the syringe
3. Attach the nozzle provided to the syringe
4. Head well down over the sink gently introduce the solution with the tip of the nozzle
5. Gently press the plunger
6. Sniff the solution back through the nose into the throat and spit out

REPEAT STEPS 4 TO 6

Alternatively , you can simply sniff the solution from your cupped hand

Use as much solution as can be tolerated and sufficient to make the nose feel clearer

It will not hurt if some of the solution is swallowed

Douche the nose regularly for the first two weeks and afterwards as and when necessary depending on your nasal symptoms. Use fresh solution each day. This can be warmed slightly but please test the temperature before commencing.

If you use a nasal steroid or drops you should always douche your nose before using this treatment. The nasal steroid is more effective when applied to a clean nasal membrane and the steroid medicine will reach deeper into the nose.

Most people experience a mild burning sensation the first few times they use the saline solution but usually settles in a few days. If this persists reduce the bicarbonate of soda. Further syringes can be obtained from your GP.