



# Otolaryngology Head & Neck Surgery Clinic University of Washington Medical Center



## NeilMed® Sinus Irrigation Instructions

1. Fill NeilMed® irrigation bottle with 8oz (240mL- there's a line on the bottle) of distilled or previously boiled and cooled water (not tap water). Add a NeilMed® Sinus Rinse packet or mix saline using the recipe below.
2. Swirl the bottle to mix.
3. Bend your head over the sink and irrigate each nostril with 4 oz of this solution by squeezing the bottle firmly and gently, not quickly. You do not need to inhale or exhale the liquid, the solution will go into your sinuses through one nostril and drain out the other nostril.
4. Do this procedure twice a day – morning and night



NOTE: If you use any nasal spray medications use them after you've completed irrigating your nose, not before.

**Instructional Video:** <https://www.youtube.com/watch?v=LW9mvVe7Mk4>

## NeilMed® Bottle Cleaning Instructions

Rinse out the bottle and wash its tip with soap and water after each use. Air dry completely. Once a week, sterilize the bottle with 2/3 part water and 1/3 part hydrogen peroxide – shake solution and squirt through nozzle making sure solution flows over nozzle tip.

### Normal Saline Recipe (1 liter)

- 1 liter boiled or distilled H<sub>2</sub>O
- 1 teaspoon canning/pickling/kosher salt (non-iodized)
- 1 teaspoon baking soda

**Tip 1:** Microwave irrigation solution to room temperature (about 15 seconds) prior to use. Warm (body temperature) saline is often more comfortable to use.

**Tip 2:** Keep your mouth open and do not hold your breath while irrigating.

**Tip 3:** The easiest method to use to be irrigating regularly the proper water is to buy a gallon jug of distilled water from the store. Use it up as described above, then boil water, let it cool, and pour it into the empty distilled water jug.

**Tip 4:** Sometimes the solution can pool in the sinus cavities and nasal passages and then drip from your nostrils hours after rinsing. To avoid this harmless but annoying inconvenience, take one extra step after rinsing: lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and remaining saline solution.