



Island ENT

Wellness and Audiology

Medical and Surgical Expertise with a Holist Approach

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Saline Rinse: How to clean out your sinuses in a natural way with many benefits

The easiest way is to use the NeilMed sinus rinse bottle or neti pot. There are also some sinus rinse machines available for purchase like the Navage nasal care irrigation system. They come with saline packets that are pre measured or you can make your own saline.

What does saline rinses do? Saline when mixed as prescribed mimics your body's normal salt balance which makes for a more comfortable cleaning, also the mixes have baking soda in them which also sooth the tissue inside your nose. The process of rinsing with saline will removed dust, pollen and allergens that your may have inhaled. It can also reduce inflammation and purulent drainage. For some people rinsing while they are sick may be adequate while for others daily rinsing will keep them healthier and pain free. You will not harm yourself by rinsing up to three times a day but it is unlikely necessary.

How to properly do a rinse: it may be messy so we recommend you lean over a sink, some like to rinse in the shower. Fill your bottle with warm/body temperature distilled or bottled water. There is a risk of using tap water as sometimes it is not treated well enough to kill bacteria. Yes, someone in North Port got a flesh eating bacteria up their nose after Hurricane Ian in 2022, they used tap water that wasn't chlorinated adequately. Fill the bottle to the line and then add the saline packet, shake to mix. Lean over the sink and squeeze the bottle into one nostril, the water will flow back your nose and drain out the other nostril. You may have some salt taste in your mouth, that is not harmful. You will use about half of a bottle on each side. The NeilMed rinse bottle is microwavable but like with a baby bottle make sure you mix well and test before putting scalding water up your nose. It is recommended that your wash your bottle frequently and replace every 3 months.

Medicated rinses: Sometimes after surgery or with severe infections we will prescribe additional rinses. These should be done secondary after the nose has been flushed with the bottle of saline. Pour special rinse into a medicine cup, use a 20 cc syringe (we provide these for our patients) and draw up from a medicine cup. This is easier and cleaner than trying to draw up from a large bottle as you can wash the medicine cup and syringes.

Saline packets are available at most drug stores and in store pharmacies as well as online. They sell for about \$10 for 50 packs.

Make your own saline 😊: Mix 1 cup warm distilled water with ½ tsp non iodized salt, ½ tsp baking soda. May add ½ tsp local honey or Manuka honey or ½ tsp Johnson's baby shampoo

Watch a how to video online www.youtube.com/watch?v=dpPAfbPjjc0 or search how to do a sinus rinse