Saline and Medicated Nasal Irrigations

Follow the directions below after discussing with your physician:

- Place 4 sprays of the prescribed nasal spray(s) into the NeilMed sinus rinse bottle.
- Place 1 salt packet into the NeilMed Sinus Rinse bottle.
- Fill the rest of the NeilMed sinus rinse bottle with warm water up to precisely the 240 ml line. Shake the bottle until the solution is well mixed.
- To irrigate, firmly squeeze the bottle, squirting it into your nose while pointing the bottle straight up at the ceiling, as you look down at the sink. As you begin irrigating, close off your throat by preparing to say the letter “K”. If you want to angle the bottle SLIGHTLY toward the side you are irrigating, that can be helpful in accessing the sinuses. The solution should flow out the opposite nostril. One to three good flushes should be sufficient on each side, depending upon how much mucus is flushed out.
- If you have been instructed to do the “head stand maneuver”, do so for approximately 20 seconds immediately after irrigating. If not, just bend forward and turn your head from ear to ear to help drain all the solution out of the sinuses.
- If you were prescribed an antibiotic ointment, add about ½ inch of ointment to the medicated nasal irrigation and then shake the bottle until the ointment is fully dissolved.