

ROCKLAND EAR NOSE AND THROAT ASSOCIATES, P.C.
Shelley R. Berson M.D., F.A.C.S.
www.rocklandent.com

2 Strawtown Road
West Nyack, NY 10994
(845) 727-1340
(845) 727-1349 FAX

HYPERTONIC SALINE NASAL IRRIGATIONS

- I. The Benefits
 - a. When you irrigate, the hypertonic saline (salt water) acts as a solvent and washes the mucous crusts and other debris from the nose
 - b. The higher salt concentration pulls fluid out of the swollen membranes and shrinks them. This decongests and improves the airflow into your nose. The sinus passages begin to open.
 - c. Studies have shown that a high concentration of salt water improves the cell function (ciliary beat pattern)

- II. The Recipe
 - a. Choose a one-quart glass jar that is thoroughly cleaned
 - b. Fill with tap water. You do not need to boil the water. You can use bottled water.
 - c. Add 2-3 heaping teaspoons of pickling/canning salt, NOT table salt, as there are too many additives.
 - d. Add 1 teaspoon of Arm and Hammer Baking soda
 - e. Mix ingredients together and store at room temperature.
 - f. Discard after 1 week.
 - g. If the solution is too strong, decrease the salt to 1 to 1 ½ teaspoons. The milder version is better for children to start and advance slowly.

- III. Instructions
 - a. Plan to irrigate your nose with hypertonic saline 2-3 times per day.
 - b. Use a baby bulb/ear syringe, large (30 cc) medical syringe or water pick with irrigation tip.
 - c. Always pour the amount of fluid you plan to use into a clean bowl. DO NOT put the used syringe back into the jar because it will contaminate the solution.
 - d. Use lukewarm, not hot solution.
 - e. Stand over the sink and squirt the solution into each side of your nose aiming the stream toward the back of your head. Spit the salt water out from the mouth.
 - f. You can also place the solution into a pump spray container from a saline nasal product; this works well for younger children.
 - g. If you also use a prescription nasal steroid spray or other nasal medicine, use this product after you have used the hypertonic saline. This enhances the effectiveness of the medication.
 - h. It is normal to experience a burning sensation for the first few times you irrigate. This will go away in a few days.