

How to Use Sinus Rinse

Step 1



Arrange materials from package. **Carefully read instructions.**

Disclaimer: Your package may not contain some products appearing in this picture. Multiple medications may be combined in single rinse.

Step 2



Make saline (refer to directions on back)
Add medication to sinus rinse bottle and shake

Step 3



Irrigate half of the sinus rinse bottle into
one nostril. Repeat in opposite nostril.

Technique

Over a sink, bend forward at the waist. Look down and place cap in one nostril. Squeeze bottle until the solution starts draining from the OPPOSITE nostril. **Do not swallow the solution.**

For in depth technique instructions visit our sinus therapy page: www.mcspnc.com

How to Make Saline for Sinus Irrigation

To Make One Gallon: (all ingredients available at a grocery store)

1 gallon of distilled water

8 teaspoons sea salt/canning/kosher salt

8 teaspoons baking soda

Shake well

An alternative to the above:

1 gallon of distilled water

16 Sinus Rinse Packets (available at the pharmacy)

Shake well

How to Prepare Saline in Sinus Rinse Bottle

For Sinus rinse packets:

- Add 1 packet to sinus rinse bottle.
- Add distilled water to 240 ml fill line on sinus rinse bottle

For Pre-mixed saline:

- Fill up to the 240 ml fill line on sinus rinse bottle

Cleaning

Clean the device with dishwashing detergent and hot water. After cleaning, rinse thoroughly with distilled water and allow to air dry.

Please fill out our Patient Survey found on our website under the contact menu.

We value your feedback.