

# PATIENT INFORMATION SHEET

## HOW TO USE A SINUS RINSE



### INSTRUCTIONS:



1. Arrange materials from the package.

**Carefully read the instructions.**

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



2. Make saline (refer to directions on the back)



3. Add medication to the sinus rinse bottle and shake



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

**Technique:** Over a sink, bend forward at the waist. Look down and place the cap in one nostril. Squeeze the bottle until the solution starts draining from the OPPOSITE nostril. **Do not swallow the solution. Use half the volume in each nostril or as directed.** *\*If some solution is swallowed, follow by rinsing throat with water to avoid irritation. Note: Patients using inhalers should rinse throat following use to prevent thrush.*

## 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

Instructions: Mix all ingredients in a clean container and shake well

### **An alternative to the above:**

- 1 gallon of distilled water
- 16 Sinus Rinse Packets (available at the pharmacy)

Instructions: Mix all ingredients in a clean container and shake well

## STORAGE

In most cases, the irrigation solution should be **stored at room temperature** (unless specified otherwise). It should be used for irrigations at body temperature. Before irrigations, if needed, warm the solution by placing one cup of the buffered saline solution in the microwave for 20 – 30 seconds on high. Test the temperature of the solution by placing your finger in it. If the saline feels cool, it is too cold. If the saline feels warm, it is too warm. If you cannot tell, it is body temperature and is good to use.

## CLEANING

Clean the device with soap and hot water. Shake off any excess water and allow to air dry completely. You may microwave the bottle for up to 60 seconds for additional sterilization. Please fill out our Patient Survey found on our website under the contact menu. We value your feedback!

### **Address:**

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### **Contact:**

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