



HOME CARE INSTRUCTIONS USE OF NASAL SALINE SNIFFS

Much nasal congestion and postnasal drainage is secondary to non -specific irritation and accumulation of mucus in the nose and high in the throat. This can be successfully decreased by cleansing the nose with a mild saltwater solution. This maneuver accomplishes three (3) main things:

1. The physical action of washing the nose out removes the small irritating particles and collections of mucus which cause a continuing cycle of irritation and congestion.
2. Saltwater is medicinal in decreasing irritation.
3. Saltwater decreases congestion.

Directions for Use:

- Add one (1) teaspoonful of ordinary table salt and a pinch of baking soda to a drinking glass full of lukewarm water. The amount of salt may be increased or decreased to make the solution just strong enough to taste salt.
- This should then be placed in a small bowl, cupped hands, or may be used with a rubber bulb syringe. The "Birmingham Nasal Douche" device may be purchased at any drug store. Some find that this makes the sniffing easier.
- Place your nose in the liquid and sniff strongly so that the solution is carried completely through the nose into the back of the throat. This material may be expectorated. It should get into the back of the throat two or three times with each use.
- Coughing, gagging, and irritation may be experienced until this maneuver becomes familiar. Some patients feel it is helpful to gargle in the usual manner just prior to sniffing – this helps decrease the gagging.
- It is suggested this be done in the morning upon arising, before breakfast, and in the evening one-half hour before retiring.
- Initially, this should be done for 5 to 7 days and then decreased in frequency until only used intermittently, perhaps once or twice a week. If congestion persists, you should be re-evaluated by your physician.

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