

DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

Otolaryngology – Head and Neck Surgery

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NASAL MOISTURIZING IRRIGATION

The nasal irrigation solution consists of:

1 liter water

1 tsp. salt

1 tsp. baking soda

1 tsp. white Karo syrup

Place the ingredients in a pot and bring to a boil. Pour the nasal irrigation solution into a clean, closed container and allow to cool on the countertop overnight. Do not place it in the refrigerator, but do let it cool overnight.

Fill the bulb syringe with the solution, getting all of the air out of the bulb. Insert the tip of the bulb syringe inside the nose. Move the bulb away from your chin so that you are looking along side the barrel of the bulb syringe. Turn the tip of the bulb syringe slightly toward the inside corner of the eye on the same side you are irrigating. Squeeze the bulb vigorously and empty the solution into the nose. You can tell you are irrigating the nose correctly when the nasal irrigation solution comes out the opposite nostril or your mouth.

Use the solution three times a day for two weeks, then twice a day for two weeks, then once a day. If you are using in conjunction with nasal steroids, use the nasal irrigation first, and then the nasal steroids.

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