

CENTRAL ARKANSAS ENT CLINIC

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Hypertonic Saline Nasal Irrigation

Benefits:

1. Irrigation washes the crusting and debris from the nose.
2. The higher salt concentration pulls excess fluid from the swollen nasal membranes to decongest the nose.
3. High salt concentrations have been shown to improve cell function.

The Recipe:

1. Thoroughly cleanse a 1 quart glass jar.
2. Fill with tap water. You do not need to boil the water.
3. Add 2 to 3 heaping teaspoons of pickling/canning salt. **DO NOT USE TABLE SALT.**
4. Add 1 teaspoon of Arm & Hammer Baking Soda (pure bicarbonate).
5. Stir till dissolved and store at ROOM TEMPERATURE.
6. Discard after 1 week. DO NOT keep longer than one week.

Note: If this is too strong, use 1 ½ teaspoons of the pickling/canning salt to start then advance to the 2 to 3 teaspoons.

The Instructions:

1. Pour the amount you plan to use into a clean bowl.
2. Irrigate with a ear or baby bulb syringe or a 30cc (or larger) medical syringe.
3. Irrigate 2 to 3 times a day.
4. Stand over the sink or in the shower.
5. Squirt the solution into each nostril.
6. Aim at the back of your head NOT at the top of your head.
7. You can then spit the solution out of your mouth.

Notes:

1. DO NOT store the syringe in the quart jar as it contaminates the solution.
2. You may warm the solution in the microwave. DO NOT use it HOT!!!!
3. If you are prescribed a nasal steroid spray (Vancenase, Nasacort, Flonase), ALWAYS use the hypertonic solution first to cleanse the nasal membranes prior to using medicine.
4. The solution may burn slightly for the first couple of days. This should pass in a few days.
5. It is NOT HARMFUL to swallow a little of the hypertonic saline solution.