Cleaning the Sinuses - Nasal Irrigation

1. Use a reliable irrigator

We recommend you use the NeilMed Sinugator Pulsator. It has a cleanable tip and a flow control trigger. BPA free, it is safe for ages 6 years and up. Sinus wash has been used for centuries as a natural daily routine to keep sinus passages clear of congestion, allergens, and everyday debris.

2. Add one Neilmed Sinus Rinse packet, or create a saline solution

Fill the tank with 6 ounces of lukewarm, non-chlorinated water (distilled water is best), and add one NeilMed Sinus Rinse packet, or add ¼ level teaspoon of non-iodized table salt - stir to mix completely. Some people find if 1/8 teaspoon baking soda is added it is more comfortable. To make a gallon, add 2 level tablespoons of non-iodized salt and 1 level tablespoon of baking soda to a 1 gallon container of distilled water. Irrigate first one side and then the other. It is best to irrigate while standing over the sink with your head tilted forward. Aim the tip toward the roof of the mouth (the floor of the nose). If you feel any drainage down the back of the throat you will need to lean your head farther forward. Spit out any drainage left in the throat. Do not sniff the water into your nose. Use the entire amount of water in the pulsator on both sides of your nose (half on one side and half on the other side).

IMPORTANT THINGS TO REMEMBER

- If irrigation is painful, you are doing it wrong. Angle the irrigator towards the roof of your mouth.

- If water goes down your throat, you are not leaning over far enough. Lean over more until it stops going down your throat.

- To get all of the water out after irrigation, keep your head all the way over the sink. Turn head all the way to the right to empty the right side, and then do the same thing on the left side.

3. Using Agrumax

You can also add 1 to 7 drops of Agrumax to the reservoir each time you irrigate (start with 1 drop and work your way up to what is most comfortable for you).

Bacteria can grow in your pulsator if you are not using Agrumax. If just using a saline solution, you need to mix 5 drops of Agrumax and 6 oz of water and run the solution through the machine once a week. You should then run filtered water through the machine after cleaning with Agrumax -- run through 2 basins of filtered water.

The nasal irrigator tip should be rinsed and sterilized regularly after use. Sterilization can be done by soaking the adapter in a small container of water with 3 to 5 drops of Agrumax.

4. Irrigate twice daily until healed

The nasal irrigations should be done TWICE daily until you are instructed otherwise. An additional irrigation during the day is not harmful if the nose feels extremely congested. IF YOU STOP THE IRRIGATIONS YOU WILL NOT HEAL PROPERLY AND YOU WILL GET INFECTED. It is important to CONTINUE IRRIGATIONS until your PHYSICIAN tells you to stop. Otherwise, you will impair the healing process.