



## **Patient Instructions for Nasal & Sinus Sterile Saline Rinses**

### **Why Rinse With Sterile Saline?**

Rinsing the Nasal Cavity and Sinus Openings in the Nose with Sterile Saline has been shown to help treat Acute and Chronic Rhinitis and Sinusitis.

### **Is It Safe?**

Yes, rinsing with Sterile Saline is safe.

### **How Do I Get Sterile Saline?**

Sterile Saline is available over the counter at most pharmacies. You can also make your own by adding 1 teaspoon of regular Table Salt to 1 Quart (about 1 Liter or 1000 ml) of distilled or purified water. You can also bring clean Tap Water to a boil and then allow it to cool to room temperature BEFORE adding the Salt and rinsing.

### **How Do I Rinse?**

You can use either a rubber bulb syringe or “*Neti Pot*” to gently squirt or run Sterile Saline into your nose to rinse the Nasal Cavity and Sinus Openings. Allow the Sterile Saline to run out of your nose and mouth passively (do not blow it out).

### **How Often Should I Rinse?**

You can rinse as often as every few hours but we recommend at least 3 times a day during active treatment for Rhinitis and/or Sinusitis and at least once a day for routine maintenance treatment.

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