

## **ENT LOTHIAN**

### **How to make and use a salt water rinse for your nose**

#### **The benefits**

When you rinse your nose with this salt water and bicarbonate of soda mixture, it washes irritants from your nose and moisturises it. Salty water pulls fluid out of the swollen linings of your nose letting you breathe more easily and opening up the sinus passages. It also helps your nose work better and clear mucous more quickly.

There are no nasal rinse products available on prescription but you can purchase a sinus rinse pack at most chemists. This instruction sheet describes a recipe you can make up at home. Alternatively you can buy a salt water aerosol spray at the chemists.

#### **The recipe**

Clean and rinse a one-pint bottle or other container and fill it with water (you don't have to boil the water first).

To one pint of water add one heaped teaspoonful of salt and half a teaspoon of bicarbonate of soda.

Stir the mixture or shake the bottle before each use.

Store at room temperature. After a week you should throw away any mixture you have left and make some more. If the mixture seems too strong try using half a teaspoon of salt per pint of water.

#### **How to rinse out your nose**

1. You should rinse out your nose two or three times daily.
2. Pour some salt-water mixture into a clean bowl. If it is cold you can warm the mixture a little, e.g. in a microwave. Check that it is not too hot before using it.
3. Stand over a sink or in the shower and squirt up gently to each side of your nose – about 10mls to each nostril. Aim slightly towards each eyeball.
4. You may spit some of the salt water out of your mouth, but it does not matter if you swallow some.
5. You may notice a slight burning feeling at the back of your nose in a day or two. Blow your nose when you are finished.

Please contact the ENT nurses for any advice if required. The direct line is 0131 536 3746.