

Rhinosinusitis (inflammation of the nose or sinuses) can often be helped by using a saline douche, when the lining of the nose is gently rinsed out. This can be made up at home (recipe shown below) or can be bought from the pharmacist. There are many videos online which show how this can be done. Many people find this very helpful.

Recipe for saline douching:

1 pint of cooled boiled water

1 level teaspoon of salt

½-1 level teaspoon of bicarbonate of soda

a syringe and tissues.

Mix the salt and bicarbonate of soda into the water and gently squeeze the water into your nose using the syringe. Keep your head straight and try to aim towards the back of your head. If it comes into your mouth spit it out although it will not do you any harm.

Try to do this 3 times per day. It can also be useful to do this before using a nasal steroid spray to clear any mucus from your nose. The mixture can sometimes cause slight irritation inside the nose, but this should settle.