

# Regional Specialists Tamworth ENT Clinic

## Instructions for Nasal Irrigation

- Purchase a nasal irrigation bottle (**FESS Sinu Cleanse** or equivalent)
- You can either purchase more sachets or make the solution cheaply yourself:
  1. Mix equal parts of cooking salt and Baking soda.
  2. Use 1 level teaspoon of the mixture per bottle and fill with boiled tap water (allow to cool before use)
- With your face over a sink, hold your breath and flush each nostril with saline irrigation
- If the irrigation is too salty, then reduce slightly the amount of cooking salt/baking soda mixture added per bottle
  - AM            Irrigation followed by Nasonex
  - PM            Irrigation followed by Nasonex
- Continue this for \_\_\_\_\_ weeks and then get a CT scan of the sinuses