



## Buffered Hypertonic Saline Nasal Irrigation

### The Benefits

1. When you irrigate with buffered hypertonic saline, it acts as a solvent and washes crusts and other debris from your nose.
2. The high salt concentration pulls fluid out of swollen membranes and shrinks them. This decongests the nose and improves air flow. This helps open sinus passages.
3. Studies show that hypertonic saline mixed into an alkaline solution with bicarbonate improves the function of the nasal membrane.

### The Recipe

1. Thoroughly cleanse a one-quart glass jar and fill with 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.
2. Add 2 to 3 heaping teaspoons of "pickling/canning" salt. **DO NOT** use table salt as it contains many undesirable additives.
3. Add 1 teaspoon of Arm & Hammer Baking Soda (pure bicarbonate).
4. Stir or shake before each use and store at room temperature. Discard after one week. If the solution seems too strong, decrease the amount of salt added to 1 to 1 1/2 teaspoons. With children it is often best to start with the weaker solution and advance to 2 to 3 heaping teaspoons (or whatever the child will accept).
5. Alternatively; use the Neil Med/AYR saline rinse product available in the pharmacy with prepackaged salt/bicarbonate mixture

### The Instructions

Plan to irrigate your nose with buffered hypertonic saline at least 2 times per day. Use a bulb/ear syringe or the plastic irrigation bottle available in the pharmacy (Ayr, Neil Med). Pour some of the solution into a clean bowl. **DO NOT** put your used syringe back into the quart jar because that will contaminate your solution.

Stand over the sink (some people do this in the shower) and squirt the solution into each side of your nose, aiming the stream toward the back of your head, **NOT** the top of your head. Perform the rinse with your head tilted down. This allows you to spit some of the saltwater out of your mouth. It will not harm you if you swallow a little. Allow the Sterile Saline to run out of your nose and mouth passively (do not blow it out).

For younger children, you may want to place the solution into a spray container such as "ocean spray" or "nasal steroid" container and squirt many times into each side of the nose. **DO NOT FORCE** your child to lie down. It is easier to do in a sitting or standing position.

If you use a nasal steroid, such as Flonase/Nasonex/Nasacort, you should always use buffered hypertonic saline solution first, and **THEN** use your nasal steroid spray 15 - 20 minutes later.

Most people experience a mild burning sensation the first few times they use buffered hypertonic saline solution, but this usually goes away in a few days. Please call our office if you have any problems or questions.