

## Saline sinus rinse recipe

Saline sinus rinses can often bring relief to patients with chronic sinus or rhinitis problems. The rinses are easy to use, but may take a little “getting used to.” The following provides instructions on how to use sinus rinses and make up the solution; several different commercial products are also available.

### Ingredients

- **Pickling or canning salt**, containing no iodine, anti-caking agents, or preservatives, which can be irritating to the nasal lining
- **Baking soda**

In a clean container, mix three heaping teaspoons of iodine-free salt with one rounded teaspoon of baking soda and store in a small airtight container. Add one teaspoon of the above recipe to eight ounces (one cup) of lukewarm distilled or boiled water. Use less dry ingredients to make a weaker solution if burning or stinging is experienced. For children, use a half-teaspoon with four ounces of water.

### Directions

Get a soft rubber ear bulb syringe, infant nasal bulb or a commercial nasal saline rinse product from your drug store and administer the rinse by following these steps:

- Draw up saline into this product and instill approximately four ounces of solution gently into the right nostril with your head tilted downward and rotated to the left. Breathe normally through your mouth and in a few seconds the solution should come out the other nostril. Repeat the process by rotating your head rightward and instilling four ounces of solution gently into the left nostril.
- You may need to adjust your head position so the solution does not go down the back of the throat or into the ears.
- To prevent the solution from going into the ear and causing discomfort, blow the nose very gently.
- You may now use your prescribed nasal medications and they may work better than before the sinus rinse. Do not use sinus rinses if the nasal passageway is severely blocked.
- It is recommended to use the sinus rinses in the shower so they don't create a mess, but they may also be used over a sink.

As with any medical product, be sure to speak to your doctor about using sinus rinses and stop using if you experience pain, nosebleeds, or other problems. Your allergy/immunology specialist can advise you and provide detailed information for your care.



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*The saline sinus rinse recipe was developed by the AAAAI Rhinosinusitis Committee and last updated in May 2006. For more information about sinusitis go to [www.aaaai.org](http://www.aaaai.org)*