

SALINE (SALT WATER) RINSES FOR WASHING YOUR NOSE AND SINUSES

RECIPE:

500 ml boiled water allowed to cool
1 teaspoon non-iodised salt
1 teaspoon bicarbonate of soda

Keep at room temperature until use. Discard if not used within 1 week.

FREQUENCY:

Rinse your nose with this solution 2 to 3 times a day.

TECHNIQUE:

1. Fill the plastic squeeze bottle or Neti pot as directed in the instructions.
2. Lean your head forward over a basin.
3. Place the spout into one nostril and gently empty the contents of the bottle or Neti pot until used up
4. Keep your mouth open.
5. The solution will come out of the opposite nostril or your mouth into the basin.
6. Gently blow your nose by closing the other nostril with your fingers.
7. The solution can cause a slight tingling sensation in the nose. This is not of concern.