



Buffered hypertonic saline nasal irrigation

Ingredients:

A one-quart glass jar

One quart of tap or bottled water

2-3 heaping Tbs pickling/canning salt (not table salt, which contains undesirable additives)

1 tsp baking soda (pure bicarbonate)

Recipe:

Thoroughly cleanse the jar and fill it with water (boiling is not necessary). Add pickling/canning salt and baking soda. 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 1-1 ½ tsp. With children, it is often best to start with the weaker solution and advance to 2 or 3 tsp.

Instructions for patients:

Irrigate the nose with the solution 2-3 times daily using a bulb/ear syringe, a large medical syringe (30cc) or a water pik.

Pour some of the solution into a clean bowl.

Do not put the used syringe back into the jar because this will contaminate the solution.

Warm the solution in the bowl slightly in a microwave, if desired, but make sure the solution is not hot.

Stand over a sink (some prefer to use a shower).

Squirt the solution into each nostril, aiming the stream toward the back of the head, **not** the top of the head. This allows you to spit some of the salt water out of our mouth. It will not harm you if you swallow a little.

For younger children, you can place the solution in a spray container such as a nasal steroid container and squirt repeatedly into each nostril. **Do not force** the child to lie down; it's easier to do this while he or she is sitting or standing.

If you use a nasal steroid such as beclomethasone dipropionate (vancenase,®; beconase, ®) or trimcinolone acetonide (nasacort,®), you should always use buffered hypertonic saline solution first. Then use your nasal steroid spray. The nasal steroid is much more effective when sprayed onto clean nasal membranes and the spray will reach deeper into the nose.

Most people experience a mild burning sensation the first few times they use a buffered hypertonic saline solution, but this usually diminishes after a few days.