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Nasal irrigation is a technique that uses fluid to clear nasal passages. The instructions for nasal irrigation are provided to assist you in doing this procedure at home. It is generally recommended that nasal irrigations be performed one to two times a day. You may do more irrigations if necessary. They will not hurt you or your nose. If an irrigation fails to “clear out” your nose, repeat it in 5 to 10 minutes.

Supplies:

1. Waterpik™ oral irrigator (can be found at your local drug store for about \$35)
2. Nasal irrigation adapter (only available from your physician)
3. Baking soda
4. Salt (noniodized salt preferable)
5. Teaspoon measure
6. Watertight container with lid



Nasal adapter

Procedure:

1. Mix dry ingredients in a container with watertight lid. Put in equal parts of salt and baking soda (for example ½ cup of each) and mix them thoroughly.
2. Put one teaspoon of this mixture in the bowl of the Waterpik™. Add about 2 cups of warm water to the bowl (You should always use distilled, previously boiled or filtered water through a 0.2 micron filter for nasal irrigation). The salt and baking soda will dissolve easily.
3. Press firmly on the left side of your nose to prevent airflow and sniff. Repeat on the right side. Decide which side you think is more “blocked”.
4. Place the nasal irrigation adapter into the Waterpik™ handle. Hold the tip of the adapter firmly in the nostril that is **more blocked**.
5. Tilt your head forward until it is almost in the “hair washing” position and you are looking straight down into the sink.
6. Turn machine on. Breathe through your open mouth. Water should go in one side of your nose and come out the other nostril, and the treatment will last about 1-1/2 minutes.
 - ▶ If water is coming into your mouth or not coming out your other nostril, turn the machine off. Place the nasal adapter in the other nostril and restart the machine.
 - ▶ If water is going down your throat, then lean over the sink further by tucking your chin to your chest.
7. When the water stops flowing, turn off the Waterpik™ and dump the remaining salt water in the sink. Rinse out bowl and run clear water through the pump to clear out the salt.

Note: The first few irrigations may produce some mild burning or stinging, which you may even feel in the ears. This is quite normal and does not mean the salt water is going “into the ear”. More and/or more frequent irrigations will clear this up.

*Never use the oral adapter that comes with the Waterpik™ in your nose!

If you have questions, please call our office nurse.