

# Critical: Nasal Irrigation Instructions



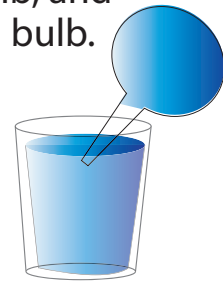
Do not underestimate the importance of these nasal irrigations. Irrigate every hour for 6 hours the day of your surgery. For the following 12 weeks continue every day, 4-5 times a day. More frequently is encouraged and 12 weeks is a minimum.

**1** Make a salt-water solution with the following recipe. Make solution fresh for each session using a clean container.

Salt Water Solution recipe:

- 1 teaspoon non-iodized salt
- 1 teaspoon baking soda
- 2 cups of warm water

**2** Fill bulb syringe by squeezing bulb, placing tip of syringe into solution, release bulb, and allow solution to fill bulb.



**3** Insert bulb syringe to nasal-labial fold of the nostril. Lift the bulb syringe up so that it is parallel to the roof of your mouth. Your sinuses are parallel to the ground, not up and down. Point nozzle to the back of your head. With both hands, squeeze the bulb to firmly irrigate sinuses.

*Repeat procedure for the other nostril. Use 1/2 of solution for each nostril.*

