



## Preparing and Using Nasal Saline Irrigation

What you will need:

2 tsp pickling or kosher salt

1/2 tsp baking soda

8 oz. distilled water

1 small bulb (baby size) syringe

How to do it:

1. Mix salt, water and soda together in a bowl.
2. Use the small bulb syringe to draw up the solution.
3. Hold your chin down.
4. Lean over a sink and squeeze the solution into one side of your nose and then the other.
5. Blow your nose gently.
6. Repeat irrigation on each side of your nose.

Perform these steps at least three (3) times a day unless instructed otherwise.

*Possible side effects:*

Mild irritation of the nasal membranes, though most people tolerate this treatment without any discomfort.

