

# Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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## Sinus Rinse Treatment

### Why Should You Do A Sinus Rinse?

Many people with asthma or other respiratory conditions also have nasal and sinus symptoms. Drainage from your nose and sinuses may get into your lungs, especially at night, worsening your breathing symptoms. A salt-water sinus rinse helps reduce this possibility. Some people call this a nasal irrigation. This procedure removes mucous and bacteria from your nose and temporarily **reduces symptoms of post nasal drip and nasal congestion.**

### Make the Sinus Rinse Solution

- Make the salt-water fresh for every sinus rinse.
- To make the salt-water solution, mix one-half teaspoon salt with warm water in the sinus rinse bottle and add a pinch of baking soda.
- Any solution not used should be discarded and new solution prepared before the next sinus rinse.

### Positioning for the Sinus Rinse

Adult or Older Child - Lean far over the sink with your head down

Younger Child – If possible, have your child follow the above positioning. If this is difficult, have your child lean slightly over the sink with the head tilted slightly down. A small child may have difficulty cooperating with a sinus rinse any may need to be helped and assisted.

### Sinus Rinse Techniques for Adults and Older Children:

Use the sinus rinse bottle filled with the salt-water solution. Insert the bottle tip into your nostril and gently squeeze the bottle and release it several times to swish the solution around your nose. Blow your nose lightly as you are squirting the solution up your nostril. Repeat the procedure for the other nostril.

### Cleaning the Equipment

You must thoroughly clean the bottle used for a sinus rinse to prevent the growth of bacteria. It is important for each family member to have his/her own sinus rinse bottle. To clean the bottle, use the following procedure:

- After each use fill the sinus rinse bottle with hot water, swish the hot water around and empty the bottle completely. Always stand the bottle upside down to drain completely.
- In Addition to rinsing the bottle after each use, clean the bottle frequently with either 70% isopropyl (rubbing) alcohol or white, distilled vinegar. Draw the rubbing alcohol or vinegar into the bottle. Swish the liquid around, and empty the bottle. Rinse and stand the bottle upside down to let it drain completely.

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