

Nasal rinses or irrigation may help your sinus symptoms by washing away mucus, allergy causing particles and irritants such as pollens, dust particles, pollutants and bacteria, which may help decrease inflammation of the sinus lining. This may help to fight sinus infections and reduce allergies symptoms.

Assemble ingredients:

- Salt: Kosher or pickling or canning salt
- Water: Tap water is acceptable to use for most people. If you have a well or an immune disorder use boiled or purified water. Room temperature water or slightly warmer will make it more comfortable
- Baking soda: Not powder

Avoid using if your child has any of the following:

- Ear infection
- Recent ear surgery
- Completely block nasal or ear passage
- Swallowing disorder

Cleaning of rinse container:

After each use, wash out with warm soapy water and rinse thoroughly, air dry on a paper towel. Weekly clean with a solution of 2 TBS of white distilled vinegar and one-cup of water.

Some Tips:

- Breathe through your mouth or hold breath while rinsing
- Stop rinsing if you need to sneeze or cough
- Don't talk while rinsing
- Rinse at least 1-2 hours before bedtime

Instructions for Rinsing:

1. Wash hands
2. Fill up bottle with 8 oz. room temperature or slightly warmer water
3. Add 1 teaspoon salt and ¼ teaspoon baking soda **or** add Sinus Rinse packet
4. Put cap on bottle and place finger over hole and shake until mixture is dissolved
5. Stand over the sink and bend forward, and tilt head forward
6. Put the cap tightly up to the nasal passage and squeeze bottle gently using ¼ of the solution
7. When finished, blow nose with both nostrils open and repeat to use half of the solution then blow nose again
8. Repeat the same process on the other nasal passage