



Salt Water Nose Drops

You will need:

A clean one-quart container
Picking or canning salt
Baking Soda
Bulb syringe

Place one quart of water in the container. If you use tap water it must be boiled and allowed to cool. (Boiling rids the water of bacteria that are often found in local tap water, which can cause a problem in an open wound). You may use bottled water, but it still needs to be boiled. Place two or three heaping teaspoons of the salt in the water and add one teaspoon of baking soda. Stir. This solution may be placed in the refrigerator and can be kept up to 72 hours (three days).

When you start to rinse out your nose, you will need to pour a small amount of this mixture into a separate bowl. You should warm this mixture up to body temperature. This should only be used one time and the bowl should be cleaned between each use.

You rinse your nose by withdrawing the mixture into the bulb syringe. Spray into your nose aiming toward the inner corner of your eye and then repeat up at a 45 degree angle. Do this two or three times on each side of your nose. You should repeat this process two to three times a day until the rinse solution is clear. It is especially important to rinse your nose early in the morning and at bedtime. It is not unusual to have bloody or dark mucus for up to two weeks after your surgery.

If you have any questions or are unsure about the preparing or using the solution, please feel free to call our office, 704 544 6533