

**Nasal Irrigations  
for Natural Relief of  
Nasal Congestion**



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**Nasal Irrigations**



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# Nasal Irrigations

Regular nasal sinus irrigations can restore good health to your nasal and sinus membranes.

Nasal sinus washing can be done at home. It is a method of regularly cleansing the nasal membranes of dusts, particulate matter, and allergens. It is an effective way to loosen and mobilize nasal and sinus secretions from an allergic reaction, upper respiratory infection or increased secretions and crusting that can occur after nasal sinus surgery.

## One simply needs:

- lukewarm tap water
- canning salt (non-iodized salt)
- baking soda
- a bulb syringe or other applicator as suggested by your physician

## Preparing irrigation solution:

Mix canning salt and baking soda in the following ratio to be kept in a small jar next to your bathroom sink.

Canning salt – 3 tsp.

Baking soda – 1 tsp.

Mix 1/2 tsp. of the above mixture with 6-8 ounces of lukewarm tap water.

## Method of Nasal Irrigation

Lean forward over the sink with your face looking down. Turn your head to the side so that one nostril is higher than the other. Using

the bulb syringe or other applicator, pour the solution into the high nostril. It will run through the upper nostril and drain out the lower nostril (some will usually trickle out your mouth).

Repeat with the other nostril in the higher position.

Irrigations are safe and easy. They can be one of the best methods of keeping your nose and sinuses open and clean in order to avoid repeat infections that require antibiotic use.



Figure 1



Figure 2

**Give It A Try!**