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Related Facial Plastic Surgery
Snoring and Sleep Disorders

Ear, Nose & Throat
Allergy In Children & Adults

NASAL IRRIGATION AND POST OP INSTRUCTIONS

Use these instructions for Nasal Irrigation if prescribed.

- 2 Teaspoons SALT
- 2 Teaspoons Baking Soda
- 2 Pints WARM WATER (Use DISTILLED Water ONLY!!)

Mix Together

**OR USE NEILMED POWDER FOR "NORMAL SALINE" AVAILABLE AT THE PHARMACY
AND FOLLOW THEIR DIRECTIONS**

- 1 NASAL IRRIGATION DEVICE - ("SINUS RINSE" BOTTLE OR "NETI" POT)
- 1 EMESIS BASIN (OR PAN)

1. Fill irrigation device with salt solution.
2. Tilt head forward over basin and put irrigation tip in one nostril.
3. Irrigate until solution returns clear through other nostril or mouth and repeat same procedure through other nostril.
4. Use the same technique to irrigate nasal canaliculas (dressing tubes) with the soft catheter, supplied at the hospital.

**NOTE: Use the full quart each time you irrigate (one pint for each side).
Irrigate at least four times a day.**

DO

1. Continue the irrigations for at least six weeks after the operation.
2. Use a hot steam vaporizer at your bedside to prevent drying.
3. Use a saline nasal spray (like Ocean or Ayr) to keep the inside of nose moist.
4. Use distilled or boiled water to avoid an infection

After Nasal Surgery DO NOT

1. Do not blow your nose or sneeze. If you cannot avoid a sneeze, keep your mouth open.
2. Do not use any drugs containing aspirin or Advil (Ibuprofen). Aspirin can make you bleed by interfering with your blood's ability to clot.
If you do not need the prescribed pain medication, you may use plain Tylenol®.

NOTE: If nasal bleeding occurs:

1. Take your pain medication and sit in a reclining position with your head elevated.
2. Use Afrin Nasal Spray. Bleeding should stop within fifteen minutes.
3. If bleeding is profuse or persistent call the office immediately.