

# SINUS RINSE

- The use of your Sinus Rinse bottle is the most physiological way of removing dried blood, crusting and mucous from your nose after surgery.
- It can also be used to deliver saline into the nasal cavity to help treat "colds", chronic rhinosinusitis and to deliver intranasal medications.
- In the post-operative situation, it is significantly gentler than blowing your nose which is more likely to cause a post-operative bleed.
- Some people choose to continue using the Sinus Rinse bottle indefinitely.
- The instructions included with a sinus rinse kit are very good and easy to follow.
- The nozzle of the bottle forms a seal against one nostril and upon squeezing the bottle; saline enters the nasal cavity, travels around the back of the septum and passes out through the opposite nostril.
- Ensure that your palate seals off your nose from your throat so that no solution enters your throat which will be an unpleasant sensation.
- It is best to undertake sinus rinsing over a sink or basin.
- The bottles come with a few sachets which are essentially salt and a small amount of bicarbonate of soda. Adding salt to the water makes it a physiological solution and therefore much more comfortable to use than ordinary tap water.
- Rather than purchase more sachets, you can make up your own mixture of salt with each sachet being around three quarters of a teaspoon of salt. If you wish, you can add a pinch of bicarbonate.
- On the day following surgery, you can initiate irrigation of your nose and in the early stages following surgery; irrigation should take place at least 4-5 times per day. You cannot overdo sinus rinsing!
- Following endoscopic sinus surgery, people frequently develop a discomfort behind or between the eyes and this is often relieved when blood clots and mucous are irrigated from the nasal cavity using Sinus Rinse.
- There is a group of people who continue to develop headaches despite frequent use of Sinus Rinsing. In this instance, it is best to soak your nasal cavity with saline.
- This is achieved by getting down on all fours in the "Mecca position" with your head entirely upside down on a folded towel.
- The saline solution can then be introduced into your nose using a syringe or by removing the straw from the Sinus Rinse bottle and squirting a small amount into the nostril.
- Remain in this position as long as you can tolerate it and this will soften the crusts and the mucous.
- Then stand up holding your nose and empty the nasal contents into the basin and begin Sinus Rinsing once again. You should find that crusting will be removed far more easily this way.
- You will quickly work out after a week or so a frequency of sinus rinsing that suits you.
- In noses that require on-going steroid treatment, steroids can be dissolved in the Sinus Rinse bottle and this is a more effective way of delivering steroids than using a steroid nasal spray such as Flixonase.