

Manuka honey nasal irrigation

1 teaspoon of salt (or Rock salt) plus

2 tsp of manuka honey 1/2 teaspoon of baking soda
(Sodium Bicarbonate)

In 500 – 600 mls warm water to dissolve (+/- warm, +/-
boiled)

Dr Courtney may wish to add Antibiotics etc

METHODS:

200ml of solution should be used each time (100ml left
and 100ml right side of nose) and can be applied via:

1. Flo or NeilMed Sinus rinse Bottles
2. Nose pipe

Frequency of use depends on your condition. It may vary
from 1-3x daily... especially immediately after surgery

USES:

The nose acts as a filter, humidifier and warmer of
inspired air. Ambient air, let alone that polluted with
smoke, dust and other particulate matter can dry the nasal
lining. Trauma (external, surgical, nose picking etc) can
worsen this and also lead to crusting +/- bleeding.
Disordered mucosal functioning can then lead to infection
(rhinitis/sinusitis). Manuka in particular acts on biofilms.

Dr Mark Courtney

ENT Surgeon