

## Manuka honey nasal irrigation

1 teaspoon of salt (or Rock salt) plus

2 tsp or more of manuka honey (need a high concentration of honey – approximately 30% (evidence suggests)

½ 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**

