



ENT Clinics - Tugun  
Suite 6A, Fred McKay House  
John Flynn Hospital  
42 Inland Dve, Tugun Qld 4224

Ph. 07-5630 2600  
Fax. 07-5601 0052

Email for Reception. [tugun@ent-clinics.com.au](mailto:tugun@ent-clinics.com.au)  
Practice Manager. [tugunadmin@ent-clinics.com.au](mailto:tugunadmin@ent-clinics.com.au)  
Web. [www.ent-clinics.com.au](http://www.ent-clinics.com.au)

## Baby shampoo solution for Chronic rhinosinusitis.

Mix 5ml of baby shampoo plus 1 tsp of salt in warm water (600ml) and flush 60ml through each nostril daily for four weeks.

Dr Mark Courtney

ENT Surgeon