



ENT Clinics - Tugun
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NORMAL SALINE:

1 teaspoon of salt (or Rock salt)

1/2 teaspoon of baking soda (Sodium Bicarbonate)

In 500 – 600 mls water (+/- 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. Syringe
3. 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).

You may be advised to nasal douche as treatment for:

1. Post nasal drip
2. Bleeding noses
3. Sinusitis
4. Nasal Crusting/Ozaena
5. Allergy/Hayfever
6. Post operation

Dr Mark Courtney

ENT Surgeon