



**Allergy
ASSOCIATES**
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Nasal Irrigation

Benefits of nasal irrigation:

Decreases mucus thickness and clears mucus due to colds or allergies.
Washes away allergens, inflammatory cells, and chemical mediators.
Increases normal clearance of nasal passages.

Frequency of use, volume and best body position:

Nasal irrigation should be used at least once a day. More applications during colds or allergy season are safe. The range of volume is from 8 oz. (one cup) to 32 oz. (one quart). Adjust this to your own comfort level and effectiveness. In all methods mentioned below, it is key to keep your forehead lower than your nose. This allows the water to escape out the other nostril instead of the back of your throat. This position is best achieved by standing on a stool over the sink or in the shower. Although it sounds uncomfortable, you will quickly learn what works and will become tolerant to it. Do nasal irrigation either before applying medicine or at a different time of day.

Premade packets can be bought at the pharmacy or solutions can be made by hand:

To mix and store dry:

3 parts non-iodized salt and 1 part baking soda. Store in plastic container.

Using the Neil-Med bottle,
NORMAL SALINE: Add ½ tsp of this mixture with 8 oz of warm tap water.
HYPERTONIC SALINE: Add 1 tsp of this mixture with 8 oz of warm tap water. This mixture is a better decongestant but may have some “burning” sensation.

After finishing with any method, blow your nose gently with tissues. Remain bent over the sink to reduce dripping later on.