

NASAL TREATMENTS

Nasal Saline

Mix the following ingredients together:

1 pint of distilled water

½ teaspoon of non-iodized salt (such as pickling, kosher, or sea salt)

½ teaspoon of Arm & Hammer Baking Soda (pure bicarbonate)

If you are using a nasal steroid spray, you should always cleanse the nose **FIRST** with Saltwater before using your nasal steroid. The nasal steroid is the most effective when used on clean nasal passages. The nasal steroid will also be able to reach into the nose after the nasal passages have been cleansed with saline.

ENT Solution (hypertonic nasal saline)

Mix the following ingredients together:

1 quart of distilled water

2-3 teaspoons of non-iodized salt (such as pickling, kosher, or sea salt)

1 teaspoon of Arm & Hammer Baking Soda (pure bicarbonate of soda)

The benefits of hypertonic saline irrigation are threefold:

1. The saline is a solvent. It cleans mucus, crusts and other debris from nasal passages.
2. It decongests the nose. Because of the high salt concentration, fluid is pulled out of the membranes. This fluid shifts shrinks the membranes, thus improving nasal air flow and opening sinus passages.
3. It improves nasal drainage. Studies have shown that saltwater cleansing of the nasal membranes improve ciliary beating so that normal mucus is transported better from the sinuses through the nose and into the throat.

Upper Respiratory Infection (URI) Protocol

Note: All steps start together Day 1:

1. Use over the counter Afrin (oxymetazoline) 2 sprays each nostril twice a day for 3 days only....then **STOP!**
2. Use nasal saline spray, 4 sprays each nostril twice daily. Gently blow your nose.
3. Use whichever intranasal steroid spray your doctor recommends:
 - 1 spray each nostril 4 x a day for 3 days, then
 - 1 spray each nostril 3 x a day for 3 days, then
 - 1 spray each nostril 2 x a day**DO NOT STOP!**
4. If you see daily yellow or green post nasal drainage persisting for greater than 10 days, call your primary care physician.
5. Rest and plenty of fluids are recommended.
6. Tylenol Cold & Sinus, Drixoral or Tavist-D may also decrease nasal congestion and drainage. Ibuprofen or naproxen is suggested for relieving body aches and fever.

WARNING: Do not use pseudoephedrine or Afrin (oxymetazoline) if you have uncontrolled hypertension, heart disease or are on a MAO inhibitor. Do not use ibuprofen or naproxen without asking your doctor if you have kidney disease, ulcers, gastrointestinal bleeding, platelet problems or are on blood thinners. Please consult your doctor if you have any questions.

