

## SALINE IRRIGATIONS.

Saline irrigations should ideally be performed on both sides 3x/day for 6 weeks after surgery. Purchase a Sinus Rinse (Neilmed®) starter pack or similar irrigating bottle that may be easily refilled from the chemist. Saline may be purchased or made at home using the following formula:

- 1 teaspoon non-iodized salt (sea salt or cooking salt)
- 1 teaspoon baking soda
- 360mL water (boiled then allowed to cool)

Heat in microwave for 20-30 seconds (until comfortable to drip on hand).

Lean over sink or basin and gently place tip of bottle 1 cm into nostril.

While panting and tilting head over sink, instill ½ bottle into each nostril.

Gently blow nose without blocking nostrils.

Repeat if nose still feels crusted.

Wash bottle after each use with warm soapy water. Store in clean cup with tip down.

Once a week wash bottle with vinegar to prevent bacterial growth.

You may notice some dripping during the day when you tilt your head down.

Do not use saline 24 hours before a CT scan (it may cause an appearance like a sinus infection).



**North Melbourne ENT**  
ABN 28 582 450 307

100/30 Wreckyn Street  
North Melbourne Vic 3051  
T 9078 8074  
F 9078 8105  
E iselient@hotmail.com  
northmelbourneent.com.au

*Also located at:*

**Williamstown:**  
65 Electra Street  
Williamstown Vic 3016  
T 9397 5507  
F 9397 4755

**Mr Tim Iseli**  
MBBS (hons.), FRACS  
*ENT Surgeon*  
Provider No. 231248FY

**Dr Claire Iseli**  
MBBS (hons.), FRACS, MS  
*ENT Surgeon*  
Provider No. 246559HJ

*An association of  
independent practitioners*