



Dr. Shawn A. Schmidt

HYPERTONIC NASAL SALINE IRRIGATION

The benefits of hypertonic saline irrigation are three-fold:

1. It works as a solvent. It cleans mucus, crust and other debris from the nasal passages.
2. It decongests the nose. Because of the high salt concentration, fluid is pulled out of the nasal membranes which shrinks these membranes and improves nasal airflow opening the sinus passages.
3. It improves nasal drainage. Studies have shown that hypertonic saline cleansing of the nasal membranes improves ciliary beating so that normal mucus is transported better from the sinuses through the nose into the throat.

Recipe for Hypertonic Saline (salt water) for home use:

1 liter (quart) of warm water (distilled is preferred).

2-3 heaping teaspoons of salt (NOT table salt as it contains a large number of additives including iodine preservatives and sugar).

Use: KOSHER salt, which can be found in most grocery stores, or CANNING, PICKLING, or a "SEA SALT" as these have fewer additives

1 teaspoon Arm & Hammer baking soda (pure bicarbonate).

EXTRA NEEDS TO BE REFRIGERATED.



Dr. Shawn A. Schmidt

The nose should be irrigated two to three times per day with a bulb syringe, large medical syringe, or Waterpik with nasal irrigator (the nasal irrigator tip for Waterpik's are available in most pharmacies). Stand over a sink and squirt one syringeful of the salt water into each nostril in such a fashion that you are able to spit some of the solution out of your mouth. The majority of the saline runs out the opposite nostril. Aim the stream of the saline as though you were trying to squirt to the back of your head, NOT the top of your head.

The Hypertonic saline can also be used as a spray. To accomplish this, take any empty nasal spray bottle, (Vancenase, Beconase, Pediatric Afrin, Salinex, Ocean Nasal Spray, etc.), remove the top and fill with the Hypertonic saline. This spray can be used three or more times per day. There is no limit to the number of times the Hypertonic saline can be used as a spray.

General Recommendation: Two sprays each nostril three times a day.