

# Saline Nasal Rinsing

## Why is Saline Nasal Rinsing Important?

Saline nasal rinsing is one of the most effective and simple treatments for nasal and sinus conditions. Rinsing with a salt water solution helps to:

- Clear mucus, crusts and debris from the nasal lining
- Reduce nasal congestion and improve breathing
- Speed up healing after sinus surgery by removing old clots and dissolving packing
- Improve the penetration of nasal steroid sprays when used alongside rinsing
- Reduce inflammation of the nasal lining in chronic rhinosinusitis and rhinitis

After sinus surgery, **regular nasal rinsing is essential** and must be started from the first day after your operation. It is one of the most important things you can do to support your recovery.

## What You Will Need

- A NeilMed Sinus Rinse bottle (240ml) or equivalent large-volume rinse bottle — available from pharmacies
- Pre-mixed NeilMed saline sachets (included with the kit), or make your own solution using ½ teaspoon of non-iodised salt dissolved in pre-boiled warm water that has been allowed to cool

## How to Perform a Nasal Rinse

1. Fill the NeilMed bottle with 240ml of pre-boiled warm water (cooled to a comfortable temperature) and add one pre-mixed sachet. Replace the cap and shake gently to dissolve.
2. Stand over a sink and tilt your head slightly forward and to one side.
3. Insert the tip of the bottle gently into the upper nostril and squeeze firmly. The solution will flow through the nasal cavity and out of the lower nostril. Keep your mouth open and breathe through your mouth during rinsing.
4. Use approximately half the bottle in each nostril. The irrigation should be forceful enough to dislodge crusts, but should not cause discomfort or pain.
5. Gently blow your nose after rinsing. Do not blow hard — particularly in the first two weeks after surgery.
6. Rinse the bottle with clean water after each use and leave to air dry.

**After sinus surgery, rinse at least 4 times per day for the first four weeks.  
Outside of the post-operative period, once or twice daily is sufficient for most patients.**

## Using Nasal Sprays or Drops Alongside Rinsing

If you have been prescribed a nasal steroid spray or drops, use it after your nasal rinse rather than before. Rinsing first clears the nasal lining of mucus and debris, allowing the steroid spray to penetrate more effectively. Wait 10–15 minutes after rinsing before applying the spray.

## Using Saline and Steroid Rinses

You may have been advised to use a combination of saline and steroid drops in your rinse bottle. If so, please make up your saline solution first in the NeilMed Rinse Bottle. Then add the entire capsule of steroid drops into the bottle, mix and then rinse the nose. Only do this if your surgeon has recommended this treatment.

## Tips and Troubleshooting

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- If the rinse does not flow freely at first, try adjusting the angle of your head — this is common after surgery and will improve as swelling reduces
- Some patients experience a temporary burning sensation initially — this usually settles within a few days
- The solution should always be made fresh for each rinse — do not store unused solution
- Do not use a neti pot after sinus surgery — the NeilMed squeeze bottle provides better pressure and volume

## Contact & Location

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