

Southwest Allergy and Asthma Associates, P.A.

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Step 1

How To Perform Sinus Irrigations

Step 1. Please wash your hands. Fill the clean bottle with commercially bottled or previously boiled and cooled down water. **Do not fill with only plain water or tap water.**



Step 2

Step 2. Cut the Sinus Rinse™ mixture packet at the corner and pour its contents into the bottle. Tighten the cap and tube on the bottle securely. Place one finger over the tip of the cap and shake the bottle gently to dissolve the mixture.



Step 3. Standing in front of a sink, lean forward and tilt your head down. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage. SQUEEZE BOTTLE GENTLY until the solution starts draining from the OPPOSITE nasal passage. Some solution may drain from your mouth. Keep squeezing the bottle GENTLY until 1/2 of the bottle is used. Do not apply so much pressure that you experience pain in the sinuses or ears or swallow the solution.



Step 3

Step 4. After rinsing, allow a minute to pass and then blow your nose gently while tilting your head forward and to the opposite side of the nasal passage you just rinsed then to help drain any residual solution.

Step 5. Repeat steps 3 and 4 with the other nostril.

Step 6. Clean the bottle and cap. Air dry the bottle, cap, and tube on a clean paper towel or lint free towel.

Once a week wash with one drop of dishwashing liquid or baby shampoo. Rinse and allow to air dry.

NeilMed has a demonstration video on YouTube at:



<https://www.youtube.com/watch?v=LW9mvVe7Mk4&fbclid=IwAR1VYGkObNtduJJ5imUuiAMqFesyP6Rom24gAfJ42Apf4nEwN0wdLu20c4A>