

EAR, NOSE, THROAT & ALLERGY CENTER
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USES FOR NASAL SALINE RINSE

1. Pre-treat nose prior to using nasal steroid sprays and nasal antihistamines
 - Rinse each side of nose with 2 sprays of nasal saline spray
 - Wait for 5 minutes
 - Use nose spray as directed

2. Good nasal hygiene during allergy flare up or sinus infection. Rinse each side of nose with 2 sprays of nasal saline 8-10 x per day.

3. Nose Bleeds
 - KEEP NOSE MOIST!! Use saline rinse 8-10 times per day
 - Use Aquaphor healing ointment 2 times per day as directed by your Provider

4. Examples of over the counter saline:
 - Simply Saline
 - Ocean nasal spray
 - Sinus Rinse
 - Generic saline

5. To make your own saline:
 - ¼ tsp baking soda

- ¼ tsp salt
- 8 oz boiling water
- Refrigerate and then return to body temperature before using