



INSTRUCTION SHEET  
for  
SALINE NASAL IRRIGATIONS

Recipe for Saline Solution:

- 1 quart of tap water (microwave to kill germs only if you are using water from a well)
- 1 tablespoon sea salt or non-iodized table salt
- 1 teaspoon baking soda

*Solution is good for 2 weeks if stored in an airtight container at room temperature.*

### How to Perform Irrigations

Using a bulb syringe, you will collect solution in syringe and place end into nostril. Squirt solution into nose. Some will come right out and some may come out the other nostril. There will be some crusty, possibly bloody secretions come out. This is the purpose of the irrigations. We recommend morning and night along with tooth brushing just to be in a routine.