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NASAL IRRIGATION

Why should we do nasal irrigation?

Asthma is often accompanied by inflammation of the nasal passages and sinuses. Mucus draining down the throat can act as a trigger for wheezing. Nasal irrigations help keep the nose, sinus passages, and throat clear of mucus that may trigger asthma. They also may prevent sinus infections. How nasal irrigations are done depends on the age and comfort of the person.

What equipment do we need?

- nasal spray bottle
- normal saline solution
- tissues

How do we irrigate our nasal passages?

- Method 1: Bend over a sink. Place some normal saline into the palm of the hand. Sniff the solution into one nostril and then blow the nose gently. Repeat with the other nostril.
- Method 2: Fill a large bulb syringe with normal saline. Lean over a sink. Insert the syringe tip just inside one nostril and gently squeeze the bulb, releasing the solution into the nose while sniffing. Blow the nose and repeat the process with the other nostril.

What are the recipes for normal saline solution?

It is very important to use **fresh** normal saline because bacteria can grow in saline and bacteria can cause infections. If you are buying normal saline, buy individual-use packs only. It is cheaper and often more convenient to make a fresh supply of normal saline every day.

You can also make your own saline solution in the following manner:

- Mix 8 ounces of tap water (1 measuring cup) (water should be room temperature)
- With 1/4 to 1/2 teaspoon of table salt
- Add a pinch of baking soda if the solution burns

Keep the saline in a bottle or glass for a maximum of 24 hours. Then throw the solution away, wash the container, and make a new solution.