

## NASAL RINSE RECIPE

1 tsp. noniodized salt  
1/8 tsp. baking soda  
1 quart warm water

Dissolve salt and baking soda in warm water.

### Indications for Use

#### ■ Postoperative Sinus Surgery

Irrigate twice daily for 2 weeks with 3 ounce bulb syringe & follow up with physician at next appointment.

If needed, you may use a spray bottle with nasal saline to moisturize the nostrils in between irrigations.

#### ■ Postoperative Septoplasty Surgery

Irrigate two times a day for 1 week with a 3 ounce bulb syringe or spray bottle. Follow up with physician in 1 week.

Refill spray bottle with solution and spray into both nostrils 2-3 time a day or more if needed to moisten nasal passages.