



**Swedish Otolaryngology
600 Broadway, Suite 200
Seattle, WA 98122**

P: 206-215-1770 F: 206-215-1771

**Dr. Karen Linnea Peterson, Dr. Christopher Yang, Dr. Gabriela Sanchez, Dr. Vincent Chan,
Dr. Angie Song**

Post-Operative Nasal Saline Routine

DO TWICE DAILY – IN THE MORNING AND EVENING

The purpose of this nasal saline routine is to cleanse the nasal tissues after an operation and to promote good healing. This routine is to be done at least twice a day for four weeks after nasal or sinus surgery and once a day the month after. Occasionally, your doctor may ask you to continue it longer than four weeks, or to do it more frequently than twice a day. Also, we recommend using saline spray such as Ocean or Simply Saline spray 2 sprays each nostril 5 times per day. After an operation it is not unusual to have a fair amount of debris come out of your nose with irrigations, or a little bleeding. If you have concerns, please feel free to call our office at 206-215-1770.

Irrigate each nostril with a bulb syringe (nasal aspirator) or the syringe given to you by your doctor, using Buffered Saline Solution. You may use a netipot or sinus rinse bottle if you prefer. You may choose to use NeilMed Sinus Rinse salt packets in place of making your own Saline Solution. Use one-half cup of solution in each nostril every time you irrigate. Tip head toward sink and turn first to one side, irrigate that nostril by placing the tip of the syringe so the saline is pushed into the nostril. Do the same for the other side.

How to Mix Buffered Saline Solution for Irrigation

You may mix this solution up as either a gallon (for several irrigations) or a pint (enough for a single day of irrigation).

To Make One Gallon

1 gallon distilled water
8 teaspoons sea salt/canning salt/kosher salt
8 teaspoons baking soda
Shake well

To Make One Pint

1 pint distilled water
1 teaspoon sea salt/canning/kosher salt
1 teaspoon baking soda
Shake well

The irrigation solution should be stored at room temperature. It should be used for irrigations at body temperature. Before irrigations, warm the solution by placing one cup of the buffered saline solution in the microwave for 20-30 seconds on high. Test the temperature of the solution by placing your finger in it. If the water feels cool, it is too cold. If the water feels warm, it is too warm. If you cannot tell, it is body temperature and is good to use.