

# BEGIN SINUS RINSES TWO DAYS AFTER SURGERY

## INSTRUCTIONS FOR SINUS RINSE KIT

### You will need:

- One sinus rinse kit
- Distilled water (preferred) or previously boiled water.

### Directions:

- Irrigate your nose at least twice a day. You may irrigate up to four times a day if needed or desired.
- **DO NOT BLOW YOUR NOSE UNTIL ONE WEEK AFTER SURGERY.** When you begin blowing your nose, be gentle.
- Fill the clean bottle with 8 ounces of warm distilled water or previously boiled water.
- Cut the sinus rinse mixture packet and pour the entire contents into the bottle. Tighten the cap and tube on the bottle, place one finger over the tip of the cap and shake the bottle to dissolve the mixture.
- Standing in front of the sink, bend forward and tilt your head down. Apply the cap snugly against your nostril, open your mouth, and squeeze the bottle gently until the solution drains out the opposite nostril or out from your mouth. Continue to squeeze gently until half of the bottle is used. Spit out any solution that reaches the back of the throat. (It is normal to rinse out blood, clots, and mucous tinged with blood for the first few days after surgery.)
- Repeat the procedure with the other half of the mixture in the opposite nostril. Use the entire bottle of prepared mixture for one rinse application.
- Once you are finished rinsing and while bending over the sink, tilt your head sideways to improve drainage of any leftover saline rinse solution from the sinuses. (It is not unusual for a small amount of the saline rinse solution to drain from the nose for 15-20 minutes after you finish rinsing.)
- Allow the sinus rinse system to air dry on a clean towel when you are finished.

The saline rinses remove blood and pus from the nose and thin the secretions. Saline rinses help wash away pollutants, allergens, and dirt from the nasal cavity to reduce nasal congestion.

If you have any questions please call our office during normal business hours.  
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